GH-625B / GH-625M

Outdoor GPS Wrist Device

User Manual

Version 1.3

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Thank you for purchasing GS-Sport GH-625. We sincerely hope you to enjoy using this high technology GPS device. For fully understand the functions and features of GH-625, please read the user manual before you get started.

1. Introduction and Features

1.1 Introduction

GS-Sport GH-625 is a stylish, fully-sealed, waterproof, wrist type GPS device with the features of "Tracking", "Lap", "GPS positioning", "Time alert", "Heart rate monitor (GH-625**M** only)", etc. The GPS navigation function can locate and track points anywhere you go. GH-625 is powered by SiRF Star III high performance chip that can fix your position even with a weak signal status. It is adopted for people who exercise for broad kinds of outdoor sports, such as Jogging, Running, Biking, Snow Skiing, etc. It also can be used as a GPS receiver by USB interface.

1.2 Features

- Built-in SiRF Star III LPx high performance GPS chipset. Excellent sensitivity for position fixing even with a weak signal status.
- Built-in rechargeable high capacity lithium-ion battery.
- Large LCD for easy reading.
- WAAS/ ENGOS support.
- IPx7 Waterproof, rigid design to avoid careless damage.
- Records all history of self-training by defined date.
- GH-625 series can be used as a GPS receiver with an easy setup.
- The firmware of the GH-625 can be upgraded through PC.
- USB auto-detection function add-in.
- Support 60,000 Track-points, 100 Waypoints, 6,000 Laps.
- Navigation. Tracking your route as crumb method; marking and saving your tracking points by a special algorithm; finding specified locations.

2. Specifications

Electrical and Mechanical Parameters General		
Item	**GH-625B**	**GH-625M**
Number of Waypoints	100	
Tracking point	60000	
Laps	6000	
Display Size	24.9 x 39.88 (H x W in mm.)	
Display type	Black & White LCD	
Pixels (H x W)	80 x 120	
Unit Weight	72.87g	
Waterproof Standard	IPX7	
Unit Size	76.5 x 61.5 x 17.5 (L x D (Φ) x H in mm.)	
Backlit Display	Single level	
Operating temperature	-10 ° to 60 ° C	
Humidity	5% to 95% Non-condensing	
Voltage	3.7V for a rechargeable battery, 5V for charging input.	
Charging connector	DC 5V	
Battery	Rechargeable 750mAh Li-ion battery (For B series) Rechargeable 625mAh Li-Polymer battery (For M series)	
Power Consumption	GPS, HBM & Backlight off	25 mA
	GPS on (no fixed); HBM & Backlight off	60 mA
	GPS on (3D fixed); HBM & Backlight off	58 mA
	GPS (no fixed), HBM on; Backlight on	73 mA
Battery life	13 hours (3D fix, GPS on; HRM & Backlight off) 12 hours (3D fix, GPS, HRM & Backlight on) 25 hours (GPS, HRM off; Backlight off) For B & BE type	
	11 hours (3D fix, GPS on; HRM & Backlight off) 10 hours (3D fix, GPS, HRM & Backlight on) 21 hours (GPS, HRM off; Backlight off) For M & ME types	
Connect to PC Interface	Probe Pin to USB interface	
Charger	Mini USB 350mA, 3 hours completed	
Heart Rate Monitor	NO	YES
Barometer Altimeter	NO	NO
Electronic Compass	NO	NO

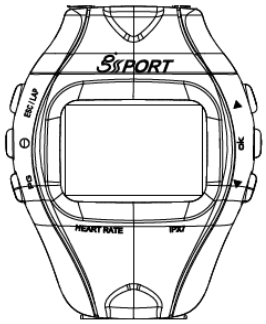
GPS Parameters General	
GPS Chipset	SiRF Star III LPx
Frequency	L1, 1575.42 MHz
C/A code	1.023 MHz chip rate
Channels	20 channel all-in-view tracking
Antenna Type	Built-in patch antenna
Position	10 meters, 2D RMS 5 meters, 2D RMS, WAAS enabled
Velocity	0.1 m/s
Time	1 us synchronized to GPS time
Default datum	WGS-84
Reacquisition	0.1 sec., average
Hot start	1 sec., average
Warm start	38 sec., average
Cold start	42 sec., average
Altitude	18,000 meters (60,000 feet) max.
Velocity	515 meters/ second (1000 knots) max.
Acceleration	Less than 4g
Jerk	20 m/sec3

Heart Rate Monitor (HRM)		
GH-625M (HRM Receiver on PCBA)	Operating Voltage	2.4V~3.6V
	Oscillator	Crystal 32.768KHz
	Standby current	<0.5 uA
	Operating current	<15 uA (without external circuit)
GH-625M (HRM Chest-belt)	Operating Voltage	2.4V~3.6V
	Oscillator	Crystal 32.768KHz
	Standby current	<0.5 uA
	Operating current	<100 uA
	Transmission current	<6 mA
	Battery life	1300 hours
	Battery type	CR2032
	Transmission frequency	5 KHz
	Transmission distance	>0.8 meter
	Transmission signal type	Analog signal without coded
	Transmission time	20 ms

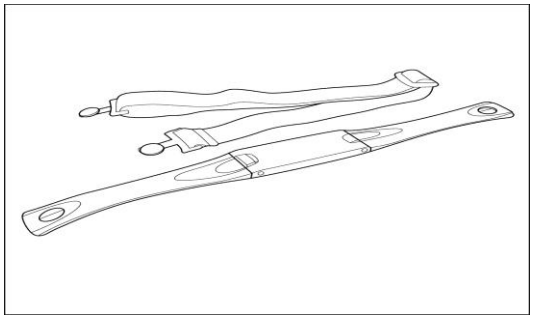
3. Hardware Overview

3.1 Accessories

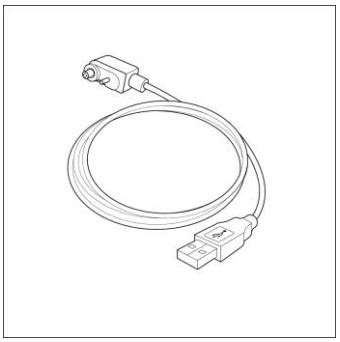
Check the contents of your GH-625 packaging. If you find any accessories are missing or appear damaged, please contact your dealer immediately.



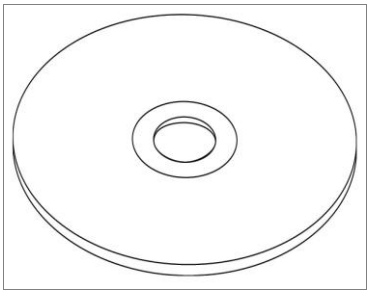
GH-625



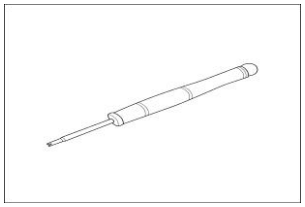
Heart Rate Monitor (only for GH-625M)



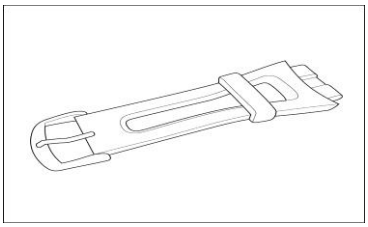
USB Cable



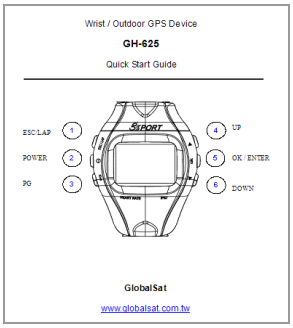
CD-ROM



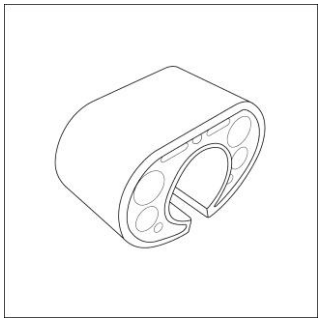
Screwdriver



Extended watchband

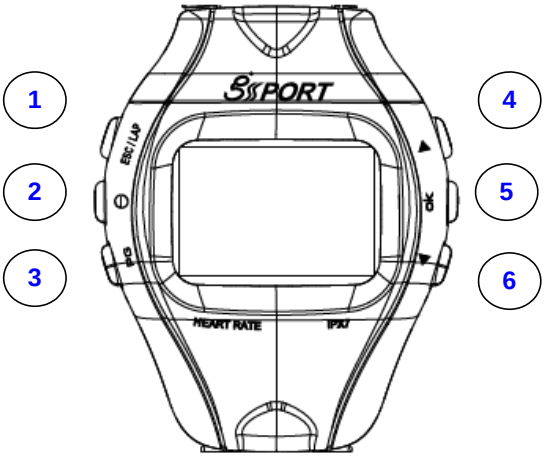


Quick Guide



Bike Holder

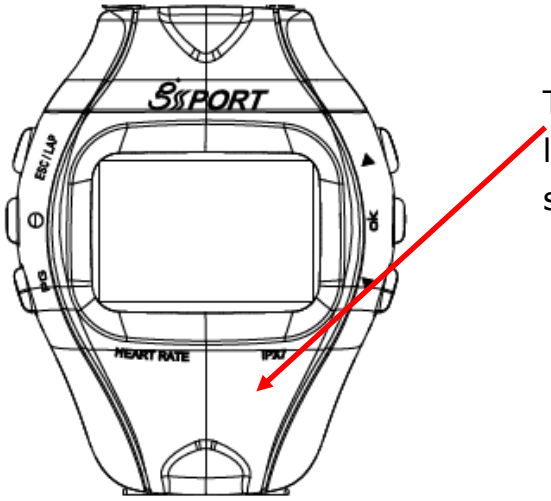
3.2 Viewing Buttons



	Button	Description
1.	ESC/LAP	● In Menu mode, press ESC button to escape from the current page and go back to the previous page. ● Press to split a lap when timer is running.
2.	Power	● Press 2 seconds to turn on/off GH-625. ● When GH-625 is on, quickly press this button will turn on/off the backlight. ● Press and hold this button for 14 seconds to do hardware reset if the system is halted.
3.	PG (Page)	● Switch between the screens of “Menu mode”, “Location mode”, “Speedometer mode” and “Map mode”.
4, 6	Up / Down	● To move upward/downward for highlighting an item. ● In Speedometer mode, press to switch between two views. ● In Map mode, press to zoom in or zoom out.

5	OK / Enter	• Press to enter the highlighted item. • Press to confirm data entry or feature selection in Menu mode. • In Speedometer mode, press to start/stop the timer.

3.3 Antenna Introduction

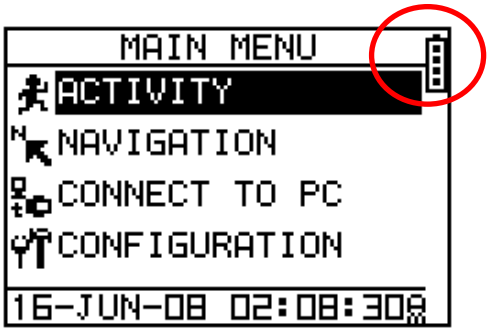


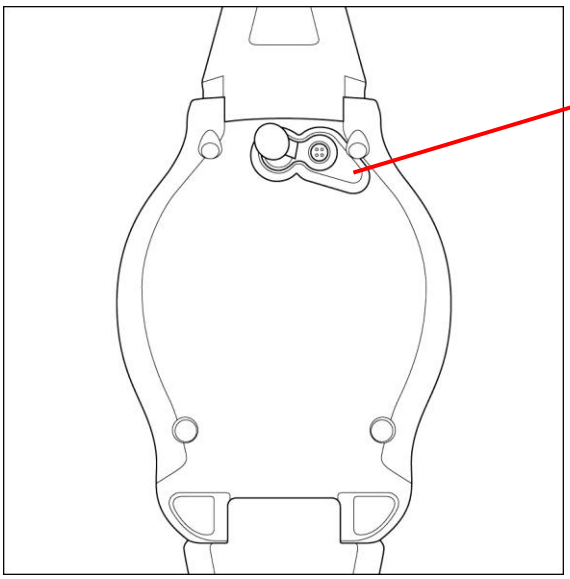
The GPS antenna is located in the lower part of the device. Let it face the sky for a better reception.

3.4 Battery Introduction

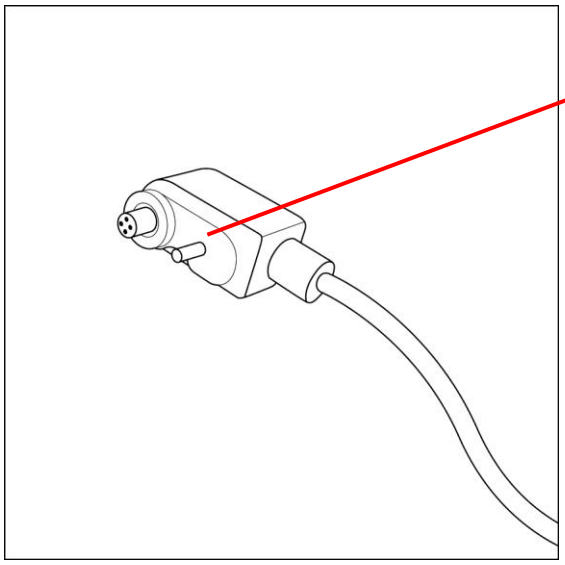
GH-625 operates by a built-in Li-ion rechargeable battery. A battery icon shown on the right top corner of screen indicates the remaining battery power.

- ***To charge the battery:***
  1. Connect one end of USB cable with GH-625 unit and the other end with the AC adapter or USB port on PC.
  2. It may need about 3 hours to fully charge the battery.

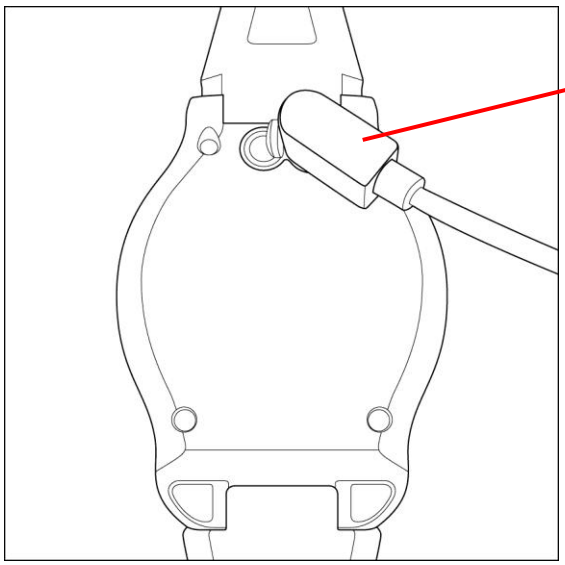




Inside the USB socket, there is a small "bar" on the right side.



There is a "groove" on the side of the column of USB connector.

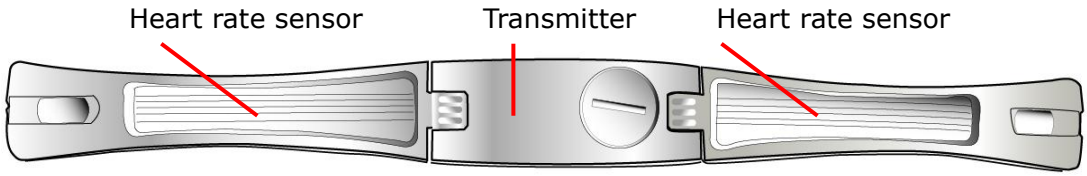


Aim the "groove" at the "bar" for plugging in the USB connector.

3.5 Wear the Heart Rate Monitor

(Only For GH-625M)

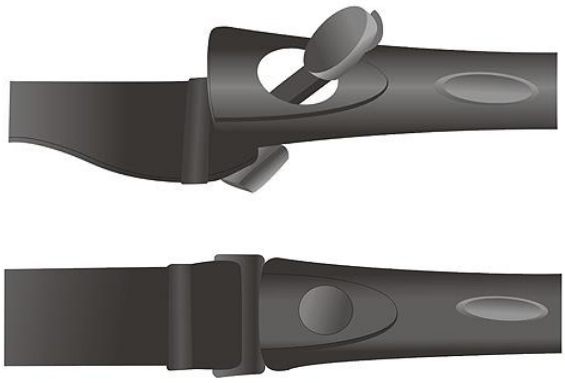
Outer side

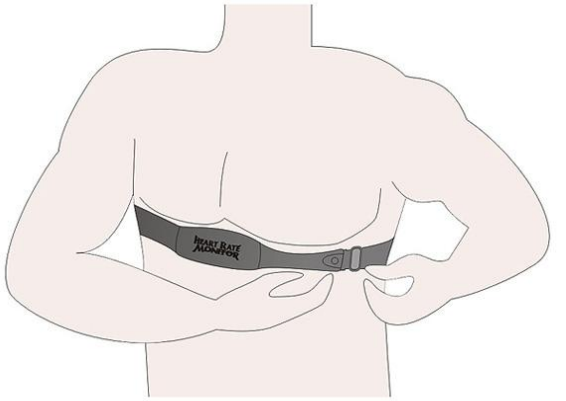


Inner side.

Cling this side to your skin. You can wet the sensor to obtain a better reception of your pulse.

1. Put one end of the strap through the slot of the heart rate monitor first.
2. Wrap the heart rate monitor and strap around your chest. Adjust the heart rate monitor to be at the center of your chest.
3. Adjust the strap to fit your chest and make it tight enough to prevent dropping while you are jogging.
4. Put another end of the strap through the slot of the heart rate monitor to finish the wearing.
5. Remember to turn on the heart rate monitor function in your GH-625. [MAIN MENU] > [CONFIGURATION] > [SETTINGS] > [HEART MONITOR] > [HEART RATE MONITOR] > ON.





How to take care of your chest belt

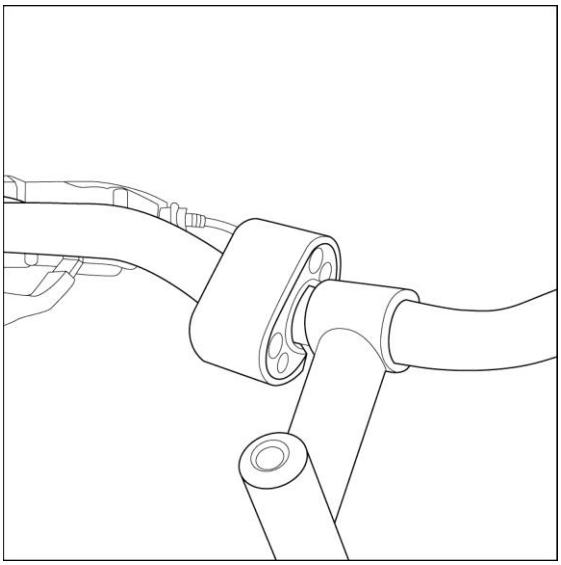
1. Wash the chest belt by suds, and then flush out with water. Let it dry it naturally, avoiding putting the chest belt under the environment of high temperature or touching the corrosive as strong acid or alkalis material.

2. Wetting the skin, where will contact the conductive area of the chest belt will improve the conduction and get more stable signal.

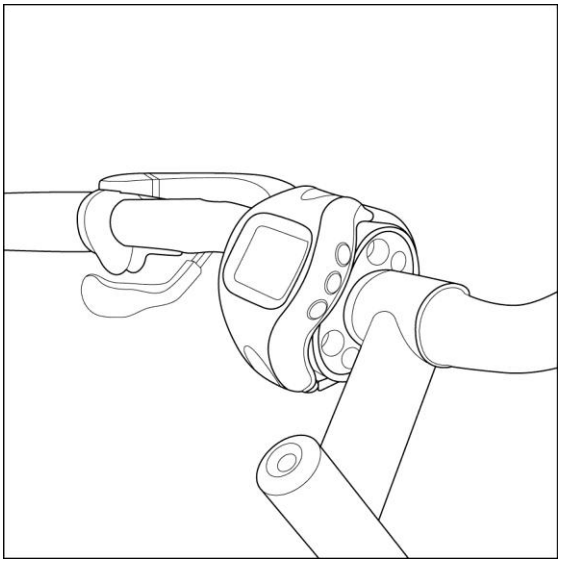
3. The physical condition of individual might affect the intensity of measured signal.

4. Avoiding using the heart rate monitor close to trolley car, tram stop, transformer, electric substation and high-tension distribution line etc. Because the radio signal will be affected under the environment as high voltage and strong magnetic field.

3.6 Mount the Bike Holder



Buckle up the bike holder on the bike.

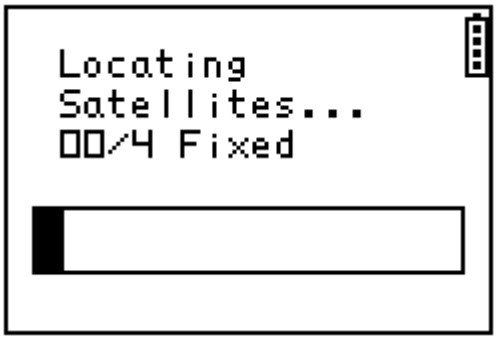


Bind up the GH-625 strap.
Test the stability by twisting the watch set.

4. Getting Started

4.1 Starting the GH-625

Press the Power button for 2 seconds to turn on the device. You will see the welcome screen displayed.
Allow the GH-625 a short time to track satellites for the first time you use it. Take your GH-625 to the outdoor open space with a clear view to the sky and it will be easy to acquire satellite signal with a few seconds. If the device can't get 3D fixed, you can still press PG button to exit the Locating screen.
To turn off your GH-625, press the Power button for 2 seconds.



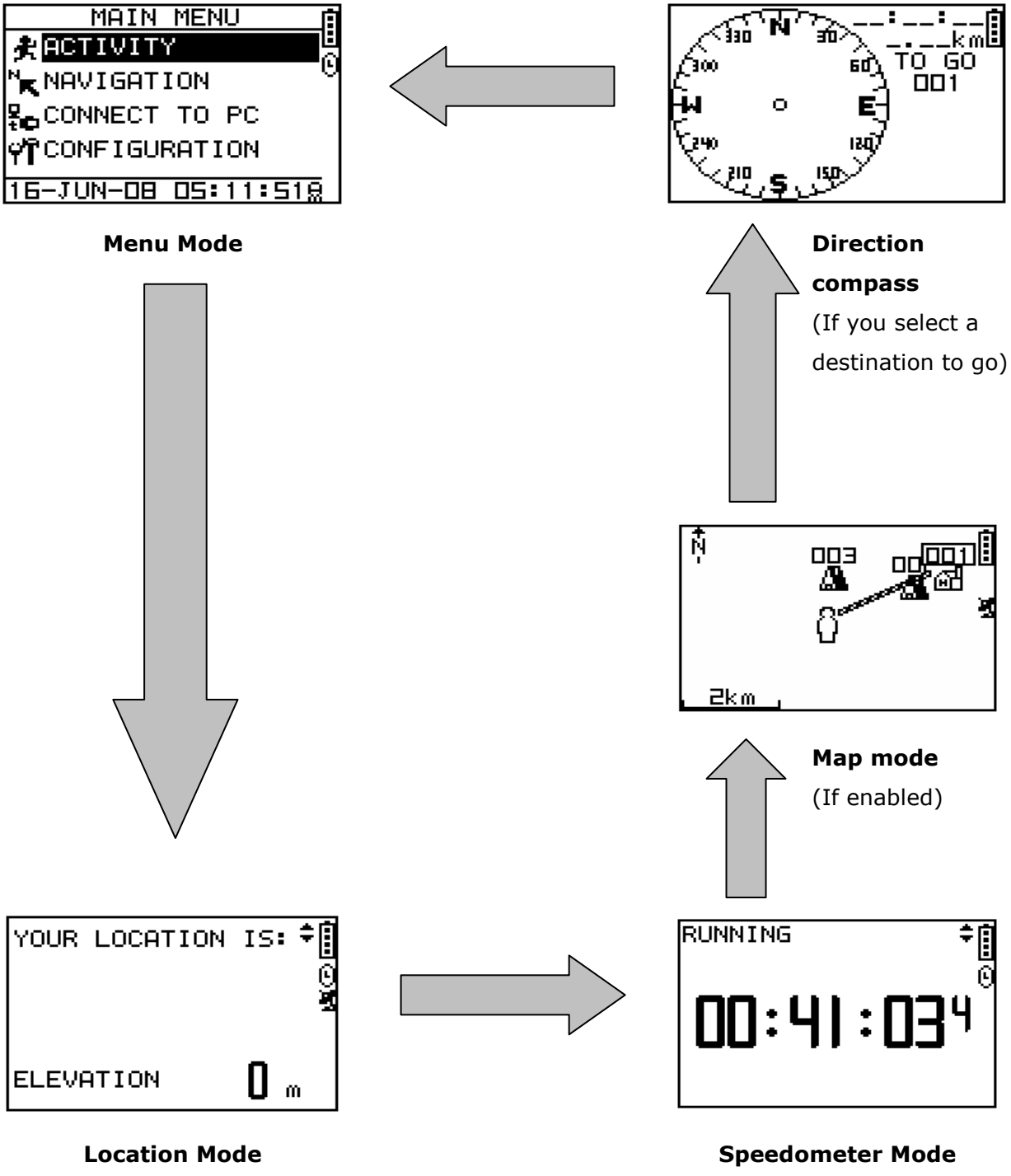
The battery icon indicates the remaining battery power.

The timer icon is displayed when you start the timer. If you stop the timer, the icon will be flashing. If it is auto paused, you will see the icon flashing.

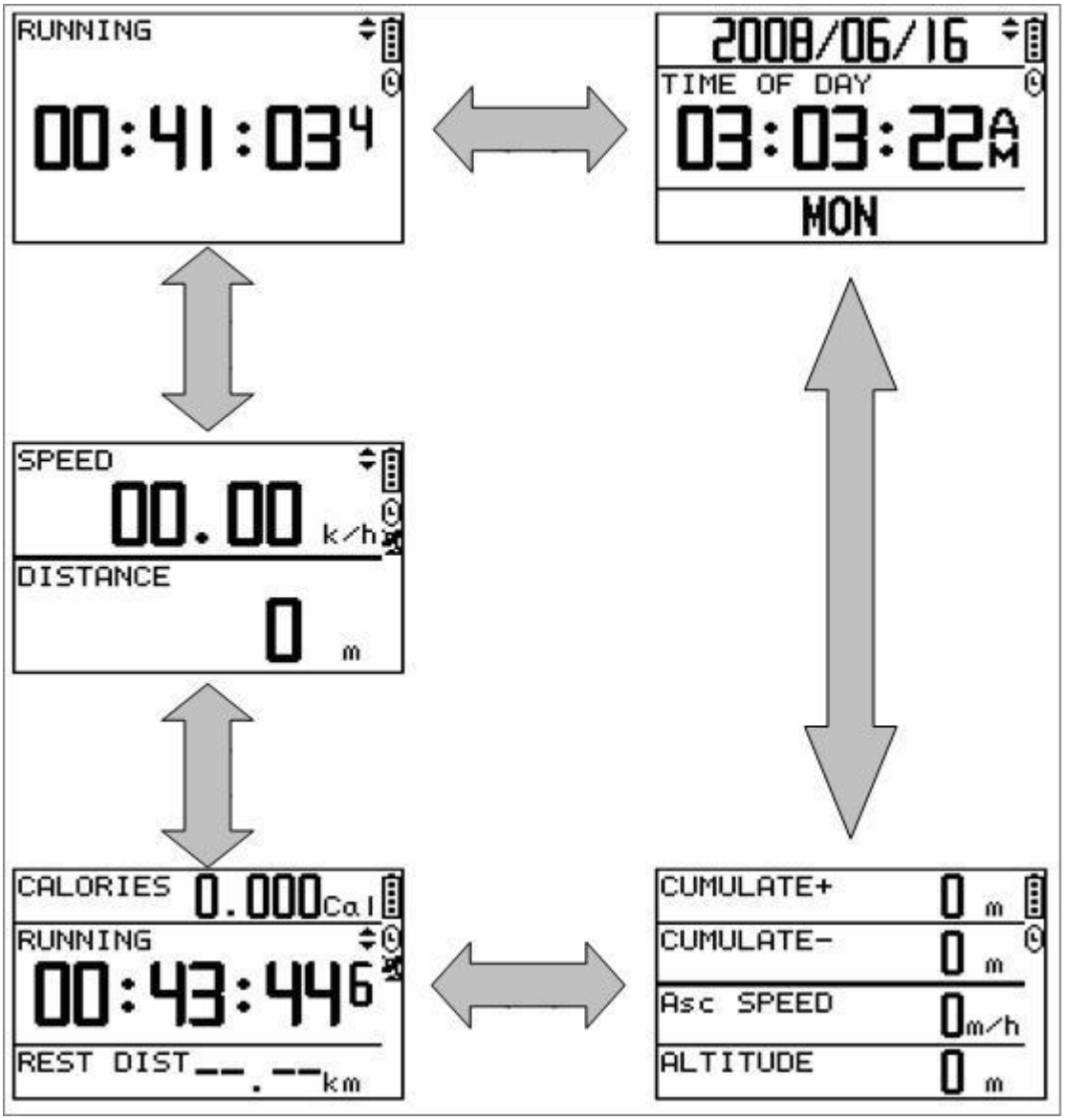
The satellite icon indicates whether the GPS is fixed or not. If the icon is flashing, the GPS is not fixed. If the icon is not flashing, the GPS is fixed. If you turn GPS off, the icon will disappear.

4.2 Change the mode

Press PG button to switch between different modes



In Speedometer mode, press Up or Down button to switch different views.



Information displayed in different views:

SPEED: mile/hour, km/hour.

AVG SPEED: the average speed.

PACE: the time needed for one mile or one km.

Sport Type: the sport type you set for calories calculation.

Distance: shows how far you have traveled.

Calories: shows how many calories you have burned.

Time of Day: shows date, time and week day.

4.3 Menu Structure - Main Menu

This diagram presents all the available menu options for your quick look up.

ACTIVITY	**ACTIVITY INFO**		
	ACTIVITY SETTING	**AUTO HOLD**	
		ALERTS	**TIME/DIST ALERT**
			SPEED/PACE ALERT
			HEART RATE ALERT
		CALORIES SETTING	
		LAP SETTING	
		SET UNITS	
	DELETE ALL		
	MEMORY CAPACITY		
NAVIGATION	**ADD MAP MODE / REMOVE MAP MODE**		
	ROUTES	**CREATE NEW ROUTE**	
		LIST ALL	
		DELETE ALL	
	SAVE WAYPOINT		
	FIND WAYPOINT	**LIST WAYPOINTS**	
		DELETE ALL	
	RETURN TO START		
	GPS INFO		
CONNECT TO PC	**Waiting for PC to connect…**		

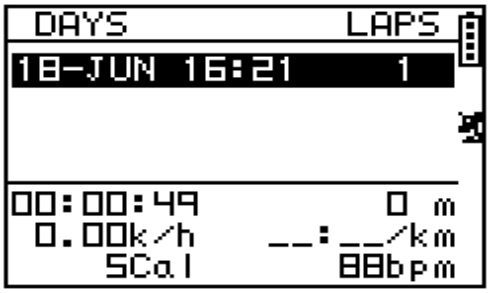
CONFIGURATION	**USER SETTING**	**SETUP TIME**	**TIME ZONE**
			DAYLIGHT SAVING
			TIME FORMAT
		SET SYSTEM	**BEEPER**
			LANGUAGE
			SLEEP MODE
		SET DISPLAY	**BACKLIGHT**
			CONTRAST
		SET CUST PAGE	**SET PAGE 1**
			SET PAGE 2
			SET PAGE 3
			SET PAGE 4
		USER PROFILE	
		TURN PC-GPS ON/OFF	
		DATA RECORDING	
	GPS SETTING	**GPS OFF**	
		WAAS/ EGNOS	
	HEART RATE SETTING	**CARDIO MODE**	
		SET TARGET ZONE	
	FACTORY RESET		
	SYSTEM UPGRADE		
	ABOUT PRODUCT		

5. Activity

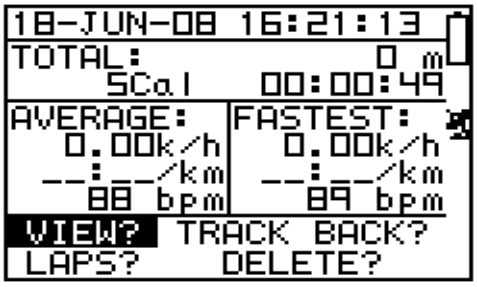
5.1 Activity Info

[MAIN MENU] > [ACTIVITY] > [ACTIVITY INFO]

1. Use Up and Down button to scroll to the item you wish to display and press OK button. The all training data information will display



2. Use Up and Down to select the file you wish to check and press OK button, the training data information is shown on the screen.



Information items are displayed:

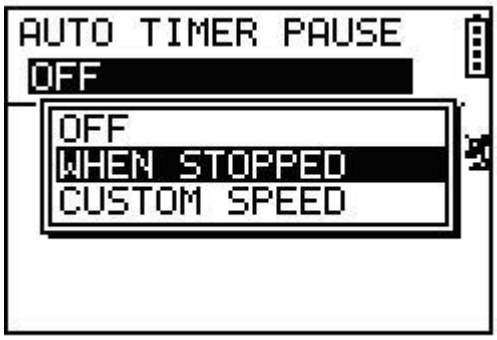
- **Date and Time**, Show the date and the time
- **Total distance** of this training.
- **Total calories** as you have burned.
- **Total time** of this training.
- **Average** speed of this training.
- **Fastest** speed of this training.
- **VIEW?** Display this training data on the screen.
- **TRACK BACK?** You can track back to the BEGIN point or END point of this training route.
- **LAPS?** View the LAP details on map mode.
- **DELETE?** You can delete this training data.

5.2 Activity Setting

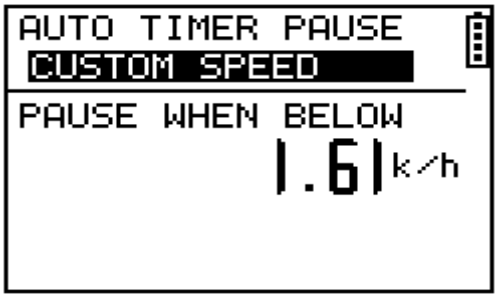
5.2-1 Auto hold

[MAIN MENU] > [ACTIVITY > [ACTIVITY SETTING] > [AUTO HOLD]

1. The Auto Hold function allows you to pause the timer automatically when you stop moving or your speed falls below a certain value.



2. When the timer is paused, the data is not recorded. Thus the average speed and calories calculation could be more accurate.

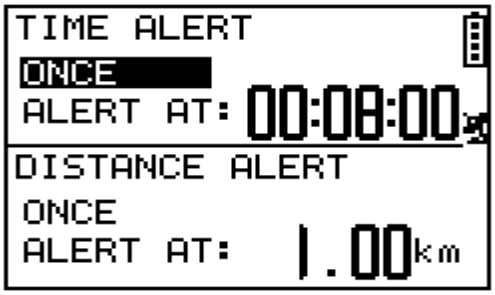


5.2-2 Alerts

[MAIN MENU] > [ACTIVITY > [ACTIVITY SETTING] > [ALERTS]

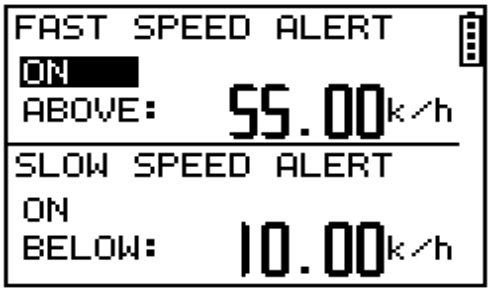
1. ***[TIME/DIST ALERT]***
2. ***[SPEED ALERT]***
3. ***[HEART RATE ALREAT](GH-625M only)***

- ***[TIME/DIST ALERT]***



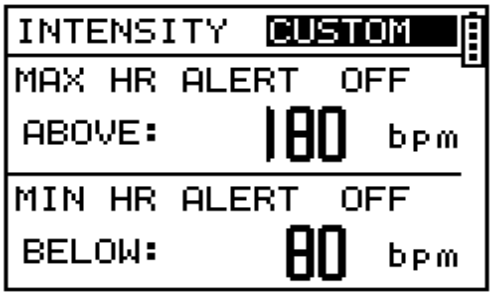
1. Use Up and Down button to select the item and press OK to modify it.
2. You can set the alarm to sound once when the specified time is reached, or repeat to sound on every specified time, or turn it off.
3. You can set the alarm to sound once when you reached the specified distance, or repeat to sound on every specified distance, or turn it off.

- ***[SPEED ALERT]***



1. Use Up and Down button to select the item and press OK to modify it.
2. You can set the alarm to sound when your speed is above or below a specified value.

- ***[HEART RATE ALREAT]*** **(625M only)**



1. Use Up and Down button to select the item and press OK to modify it.
2. You can set the alarm to sound when your heart rate is above or below a specified value.

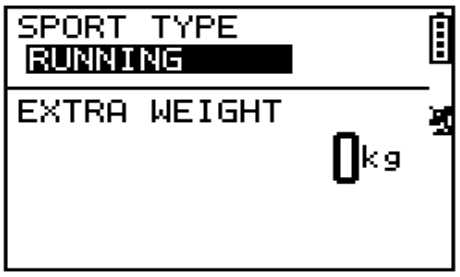
5.2-3 Calories Setting

[MAIN MENU] > [ACTIVITY]> [ACTIVITY SETTING] > [CALORIES SETTING]

1. ***[SPORT TYPE]***
2. ***[EXTRA WEIGHT]***

- ***[SPORT TYPE]***

Select sport type from "Walking", "Hiking", "Running", "Biking" or "By Time" by press UP and Down button.



- ***[EXTRA WEIGHT]***

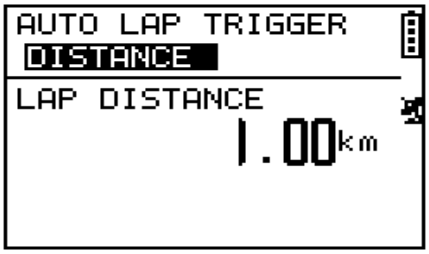
Confirm the extra weight you carry and then input to EXTRA WEIGHT Item.

System will calculate the calories consumption depending on the specific sport type.

5.2-4 LAP Setting

[MAIN MENU] > [ACTIVITY > [ACTIVITY SETTING] > [LAP SETTING]

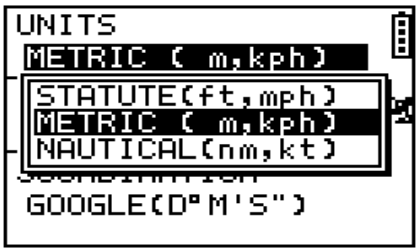
You can select LAP trigger "by Distance" or "by Time"



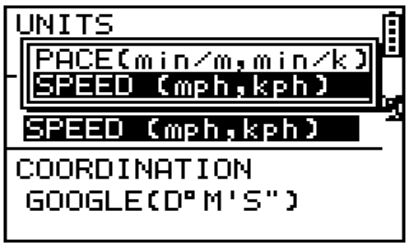
5.2-5 Set units

[MAIN MENU] > [ACTIVITY > [ACTIVITY SETTING] > [SET UNITS]

1. The measurement unit can be set as "statute" or "metric".



2. The speed unit can be set as Pace (min/m, min/K) or Speed (mph, kph).



3. The coordination unit can be set as Default (Deg°Min') or GOOGLE (D° M'S").

5.3 Delete All (Training data)

[MAIN MENU] > [ACTIVITY] > [DELETE ALL]

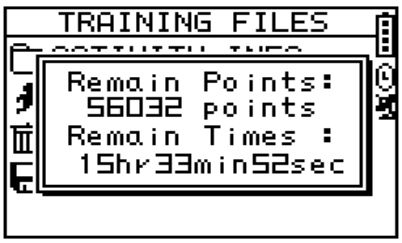
You can delete all the training data stored in the device.

5.4 Memory Capacity

[MAIN MENU] > [ACTIVITY] > [MEMORY CAPACITY]

1. Display the remaining memory capacity.

2. You will see how many points left and the remaining time you can use. The remaining time depends on the period of your record setting. (See [main menu] > [activity] > [memory capacity])

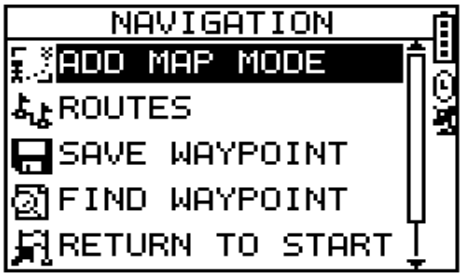


6.1 Navigation

6.1 Add / Remove Map Mode

[MAIN MENU] > [NAVIGATION] > [ADD/REMOVE MAP MODE]

You can use this feature to display or not display the map mode.
However, while the Map Mode is off, and you execute "Return to start" or "GOTO" a waypoint, the Map Mode will be turn on again.



6.2 Routes

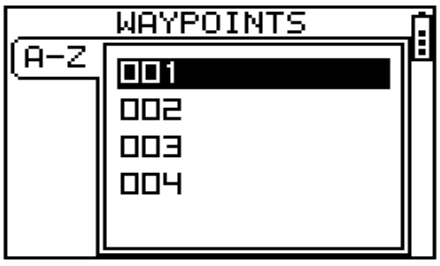
[MAIN MENU] > [NAVIGATION] > [ROUTES]

1. ***[CREATE NEW ROUTE]***
2. ***[LIST ALL]***
3. ***[DELETE ALL]***

Record the route when you are exercising

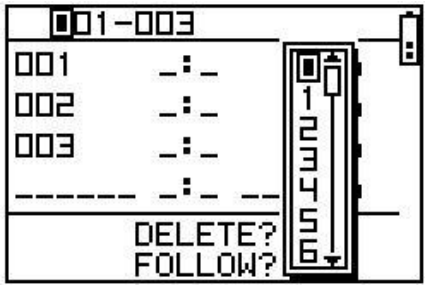
- ***[CREATE NEW ROUTE]***

1. You can add the waypoints to create your own route. Press OK button to insert a waypoint.



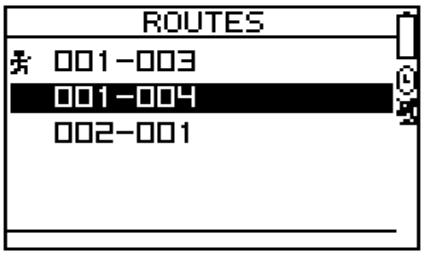
2. Highlight a waypoint and press OK button for removing this waypoint or insert another waypoint in above.

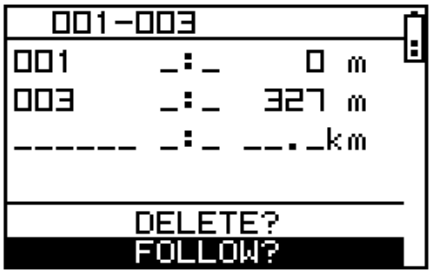
3. In the top line of the screen, you could edit the route name.



4. When you are done with editing the route, press ESC button

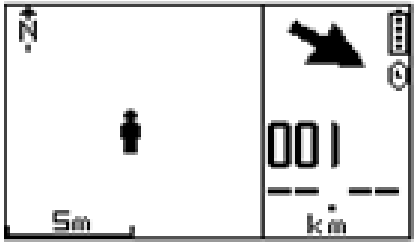
- ***[LIST ALL]***
  1. Select the route you want to navigate, and select "FOLLOW?". You will be asked which point (start point or end point) to navigate.



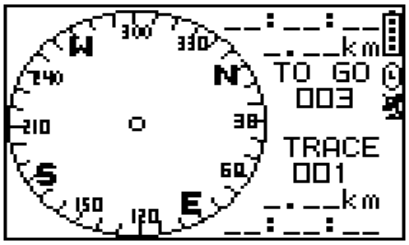


  2. Determine the destinations, the device will pop-up the message asking whether to start a record?

  3. You will see your current position and destination point on the screen, and those nearby waypoints are also displayed. Press Up and Down button to zoom out and zoom in the map view.

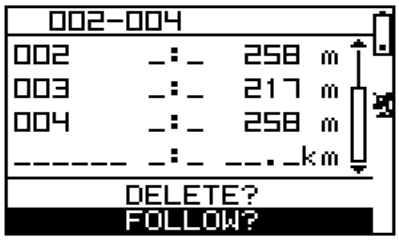


4. Press PG button to display the distance and time to reach destination on the right part of screen. The direction of destination waypoint is shown by the arrow sign of the compass.



5. If you want to stop the navigation, press [MAIN MENU] > [NAVIGATION] > [STOP ROUTE].

6. Select the route you want to delete, and select "DELETE?". This route will be deleted immediately.



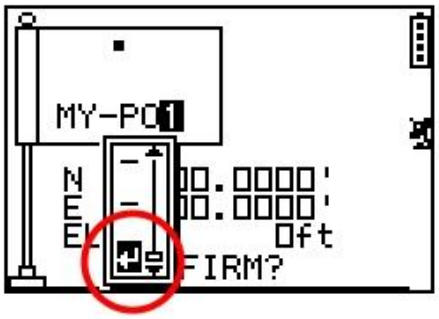
- ***[DELETE ALL]***

1. A confirmation dialog box will pop up. Use Up and Down button to highlight "YES" and press OK, all routes data in memory will be deleted.

6.3 Save a Waypoint

[MAIN MENU] > [NAVIGATION] > [SAVE WAYPOINT]

1. You can save the current position. If the GPS position is fixed, it shows the longitude, latitude and elevation on the screen. If the GPS position is not fixed (no GPS signal is received), the value will be zero.
2. Use Up and Down button to scroll to the item you wish to modify and then use the OK button to select and confirm.
3. When you finish the modification, input a "enter sign" character or press the ESC button to exit.



4. Move highlight to "CONFIRM?" and press OK button. The location data will be stored in the memory of GH-625.

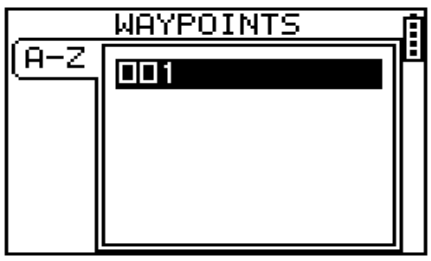
6.4 Find Waypoint

[MAIN MENU] > [NAVIGATION] > [FIND WAYPOINT]

1. ***[LIST WAYPOINT]***
2. ***[DELETE ALL]***

- ***[LIST WAYPOINT]***

1. Use Up and Down button to scroll to the Waypoint you wish to go to and press OK.

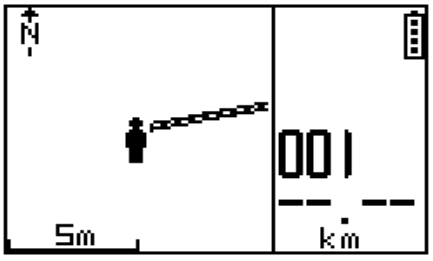


2. Highlight "GOTO?" item and press OK.

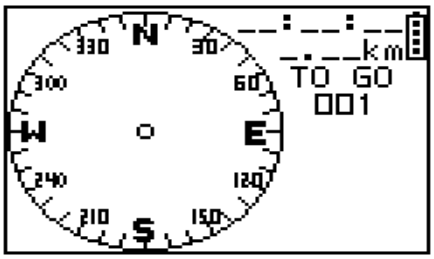
3. You will see your current position and destination point on the

screen, and those nearby waypoints are also displayed. Press Up and Down button to zoom out and zoom in the map view.

4. Press PG button display the distance and time for you to reach destination on the right part of screen. The direction of destination waypoint is shown by the arrow sign of the compass.



5. To stop the GOTO, press [MAIN MENU] > [NAVIGATION] > [STOP GOTO].

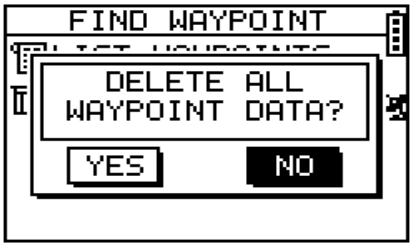


- ***[DELETE WAYPOINT]***

1. Use Up and Down button to scroll to the Waypoint you wish to delete and press OK.
2. Highlight "DELETE?" item and press OK.
3. This waypoint will be deleted immediately.

- ***[DELETE ALL]***

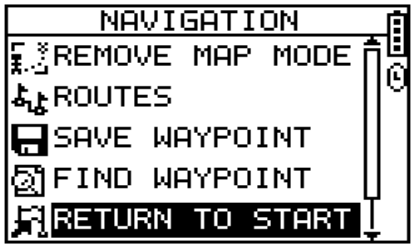
1. Highlight "DELETE?" item and press OK.
2. All waypoints will be deleted immediately.



6.5 Return to start (Stop Goto)

[MAIN MENU] > [NAVIGATION] > [RETURN TO START / STOP GOTO]

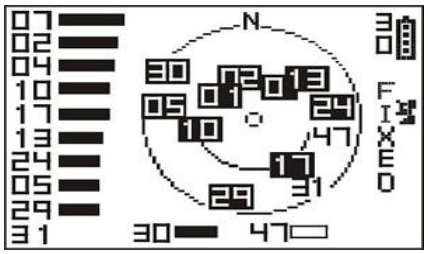
1. You can use this feature to navigate you back to the start point of the latest saved training data.
2. The navigation screen is shown and you can follow the direction of arrow to go back to the start point.
3. If you want to stop the navigation, press [MAIN MENU] > [NAVIGATION] > [STOP GOTO].



6.6 GPS INFO

[MAIN MENU] > [NAVIGATION] > [GPS INFO]

Here you can see the positioning status of how many satellite signals are obtained and their signal strengths.

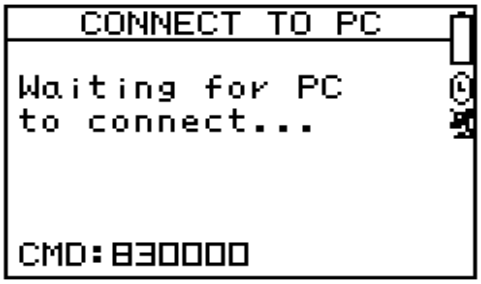


7. Connect to PC

The Exercise Studio allows you to setup the pause, alarm and sport type for GH-625.

7.1 Connect to PC

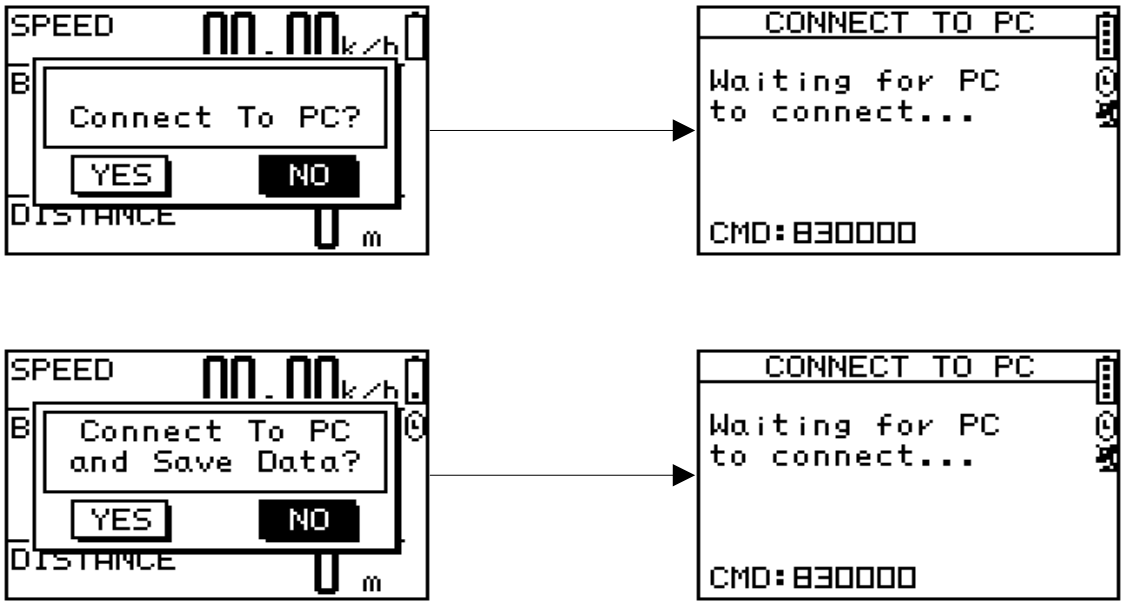
[MAIN MENU] > [CONNECT TO PC]



1. You can transfer the training data from GH-625 to your PC.
2. Refer to "GS-Sport Training GYM" chapter for more details.

When USB connect to GH-625, the detected message will show on the screen.

Auto-detection function



8. CONFIGURATION

8.1 User Setting

8.1-1 Setup Time

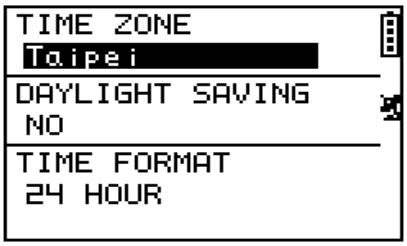
[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [SETUP TIME]

1. ***[TIME ZONE]***
2. ***[DAYLIHGT SAVING]***
3. ***[TIME FORMAT]***

Use Up and Down button to select the item and press OK to set the function.

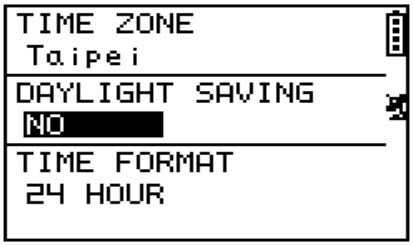
- ***[TIME ZONE]***

You have to select your country to set up the time zone



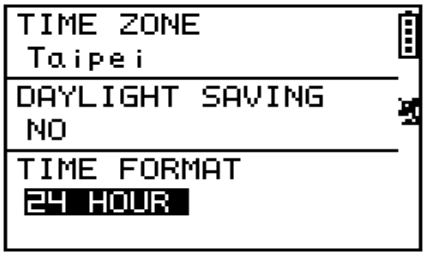
- ***[DAYLIHGT SAVING]***

You have to select your local time zone and enable Daylight Saving if necessary, so system will display the correct time for you.



- ***[TIME FORMAT]***

You can also set the time to display in the 12 Hour or 24 hour format.



Press ESC button to return to previous page or PG button to go back to main menu

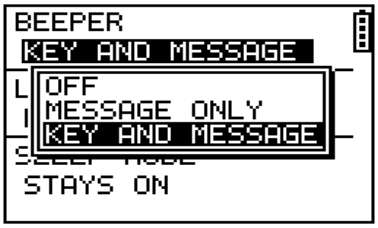
8.1-2 Setup system

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [SET SYSTEM]

1. ***[BEEPER]***
2. ***[LANGUAGE]***
3. ***[SLEEP MODE]***

- ***[BEEPER]***

You can set the Beeper to sound or to be silent according to your need.



- ***[LANGUAGE]***

There are 5 languages of User Interface, including "English", "German", "French", "Italian" and "Spanish".

- ***[SLEEP MODE]***

There are 5 modes on sleep mode, if left watch unused arriving the set time the watch would power off automatically.

8.1.3 Set backlight

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [SET DISPLAY]

1. ***[BACKLIGHT]***
2. ***[CONTRAST]***

- ***[BACKLIGHT]***

Set the backlight to stay on or automatically turn off after a period of time once you press Power button to activate the backlight.

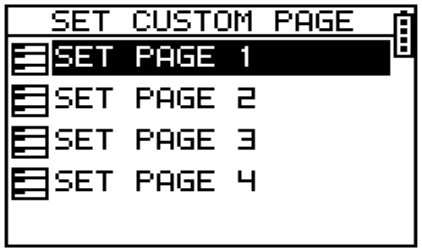
- ***[CONTRAST]***

1. Use Up and Down button to adjust the contrast of the screen display.
2. When you are satisfied with the contrast, press OK button to accept it.

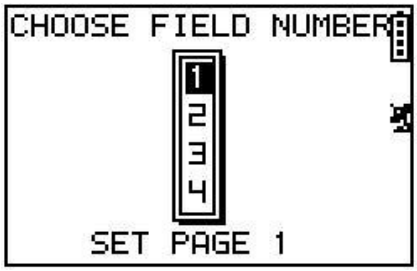
8.1.4 Set Custom Page

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [SET CUSTOM PAGE]

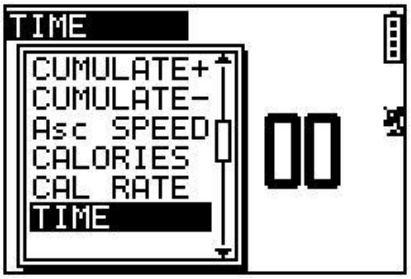
1. You can modify the screen field number.



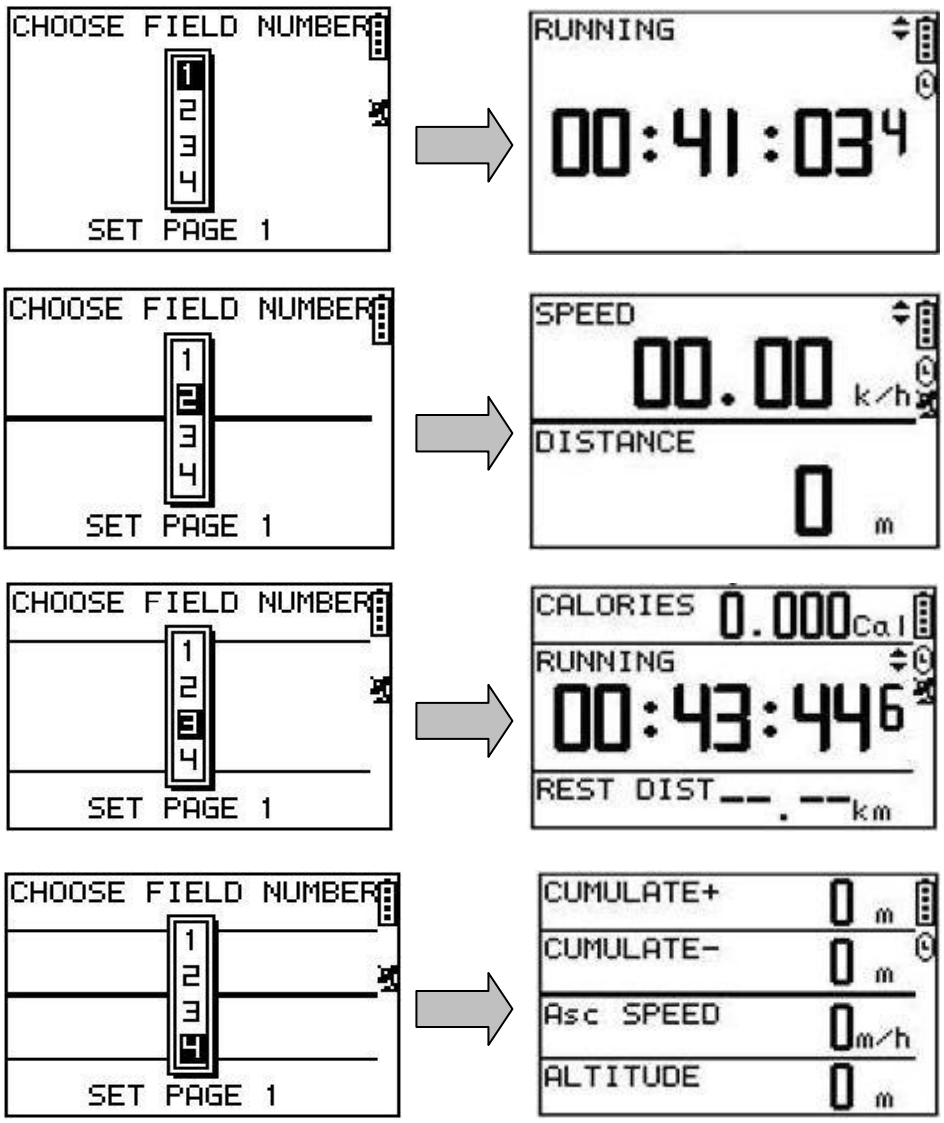
2. Select number in order to determine the number of items displayed in the settings page.



3. For example as picture, if set field number as 1 at PAGE 1, PAGE 1 will only display one item. You can choose which items to display messages.



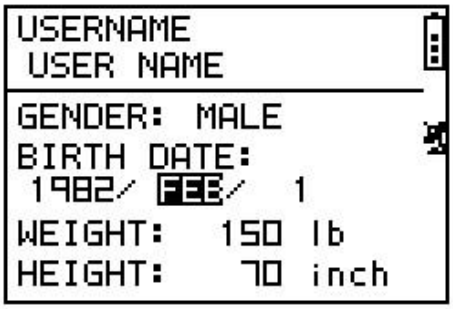
4. User can customize PAGE 1 to 4 and modify each page that contains the item. Each page can contain maximum of four items.



8.1-5 Use Profile

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [USER PROFILE]

1. You can input your personal information in the user profile.
2. The data fields include "username", "gender", "birth date", "weight" and "height".
3. The system will do the calories calculation base on the information you provide. Please input the correct value.

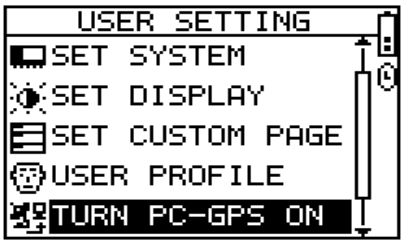


8.1-6 Turn PC-GPS On

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [TURN PC-GPS ON]

You can use GH-625 as a G-mouse by connecting it to your PC.

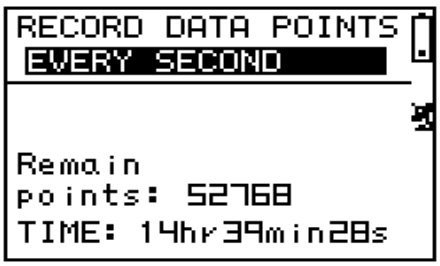
1. Use the USB cable to connect GH-625 with your PC. Turn PC-GPS function on.
2. Start you PC software; select the correct COM Port and set Baud rate to 57600.
3. The G-mouse function is ready for your use.
4. When the GPS function is not needed, you can turn it off to save the battery power and extend more battery life.

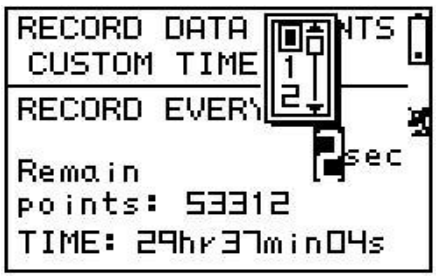


8.1-7 Data Recording

[MAIN MENU] > [CONFIGURATION] > [USER SETTINGS] > [DATA RECORDING]

1. System is default to record one point for every second. This will create the most accurate record for your training activity. However, you can set a different interval to record the points.
2. Set the longer interval means less data in a fixed period of time. But you can use the device for a longer time.



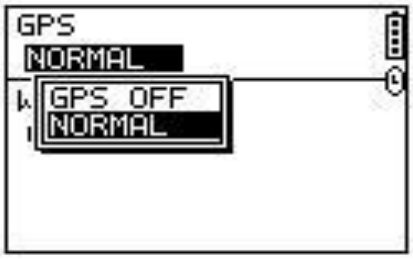


8.2 GPS Setting

[MAIN MENU] > [CONFIGURATION] > [GPS SETTINGS] > [GPS SETTING]

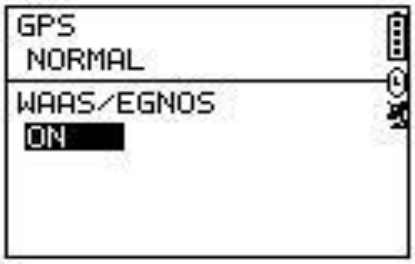
- ***[SETUP GPS]***

The GPS function can be turned off for saving battery power. If the battery power is pretty low, the system will also ask you if you want to turn off the GPS function.



- ***[WAAS/EGNOS]***

Turn on/off the ‘’WAAS/ENGOS’’ feature.

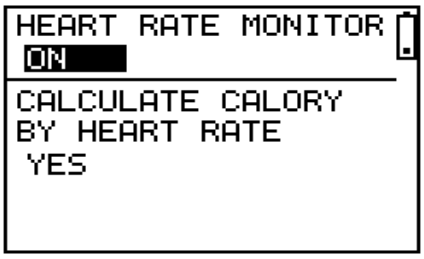


8.3 Heart Rate Setting

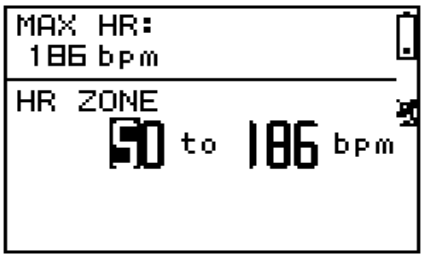
[MAIN MENU] > [CONFIGURATION] > [HEART RATE SETTING]

- ***[CARDIO MODE]***

You have to turn on the HEART RATE MONITOR when you wore the heart rate monitor, and then you can see your current heart rate.



You can also set the calculation of calory burning by heart rate.



- ***[SET TARGET ZONE]***

You can modify your HR target zone between 0 to Max HR, the max HR is calculated by person profile.

8.4 Factory Reset

[MAIN MENU] > [CONFIGURATION] > [FACTORY RESET]

This feature allows you to restore the GH-625 back to factory default status. In another words, the training data, waypoint, and user profile will be deleted.

8.5 System Upgrade

[MAIN MENU] > [CONFIGURATION] > [SYSTEM UPGRADE]

1. Allow you to upgrade the firmware of GH-625.
2. If you want to cancel the upgrade process, press Power + ESC button at the same time.

8.6 About Product (GH-625)

[MAIN MENU] > [CONFIGURATION] > [ABOUT PRODUCT]

Display the firmware version information.

9. PC Software application

9.1 Install USB driver

The USB driver is needed when you connect the GH-625 to PC. If the driver is not installed, your PC could not recognize GH-625.

1. Insert the CD into the CD-ROM drive, and the Autorun will start automatically.
2. Click on the "USB Driver" button to install the "PL-2303 USB-to-Serial" driver to your PC.
3. Follow the instruction to complete the installation.

9.1-1 System Requirement

For better performance, the following system requirement is recommended for GH-625 GS-Sport Training GYM:

- CPU: Pentium III or above.
- RAM: at least 512 MB
- OS: Windows 2000 , XP and Vista
- Internet Explorer 6.0 or above
- Framework 2.0 or above

9.1-2 How to install GS-Sport Training GYM

- **Install Framework v2.0 or above**

1. Check the Microsoft Framework version in your system
   Control Panel > Add/Remove Program

Note: Originally, there is Framework version 2.0 or above after Windows XP SP2, SP3 and Vista have been installed, you can directly install application software without install Framework.

2. Install Framework

- **Install GS-Sport Training GYM**

Use auto-run to install GS-Sport Training GYM or select installation file from the CD.

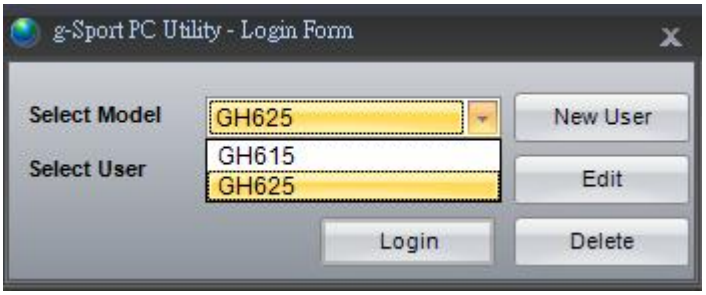
9.1-3 Run the GS-Sport Training GYM

You can run the GS-Sport Training GYM by double click on the "GH-625 GS-Sport Training GYM" icon from desktop. Or click from **Start** > **All Programs** > **GlobalSat GS-Sport** > **GS-Sport Training GYM**.

9.2 How to use GS-Sport Training GYM

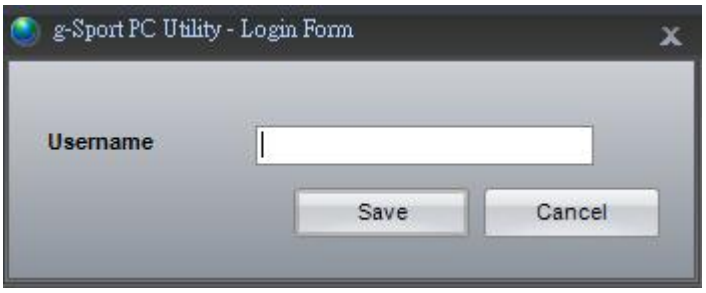
9.2-1 Choose Device version

- When the device is connected to PC, please choose which model is used.



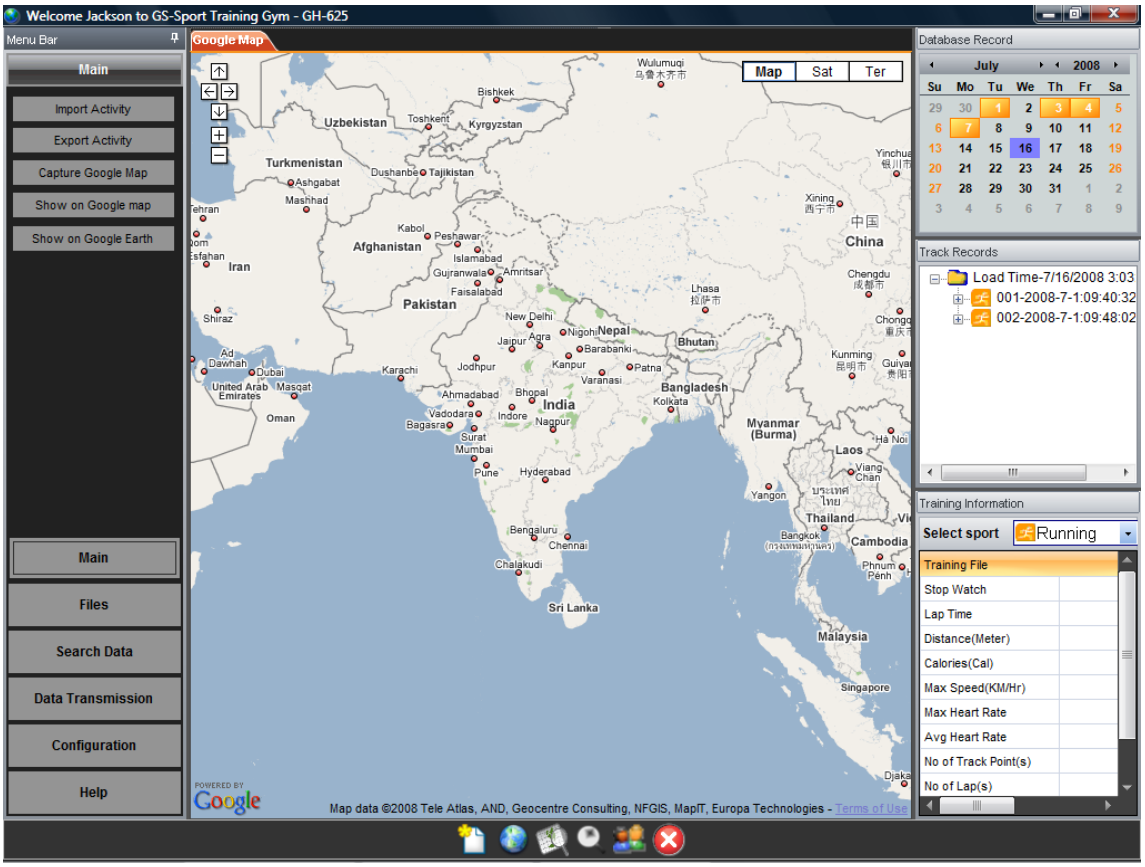
9.2-2 Add New User

- Create new user name by clicking the "New User" icon.

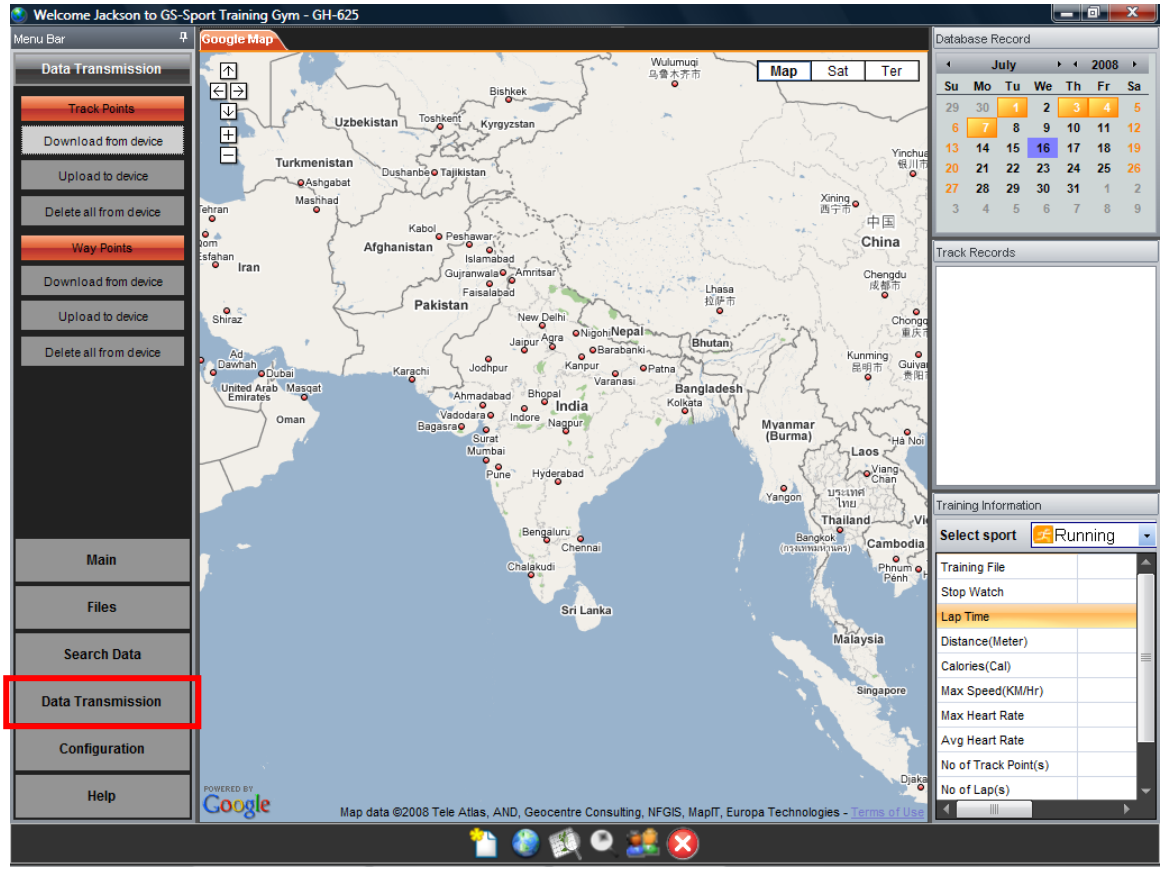


- Login

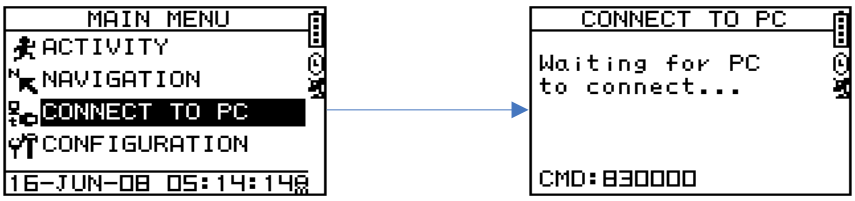
- Please connect to Internet before the software is opened.

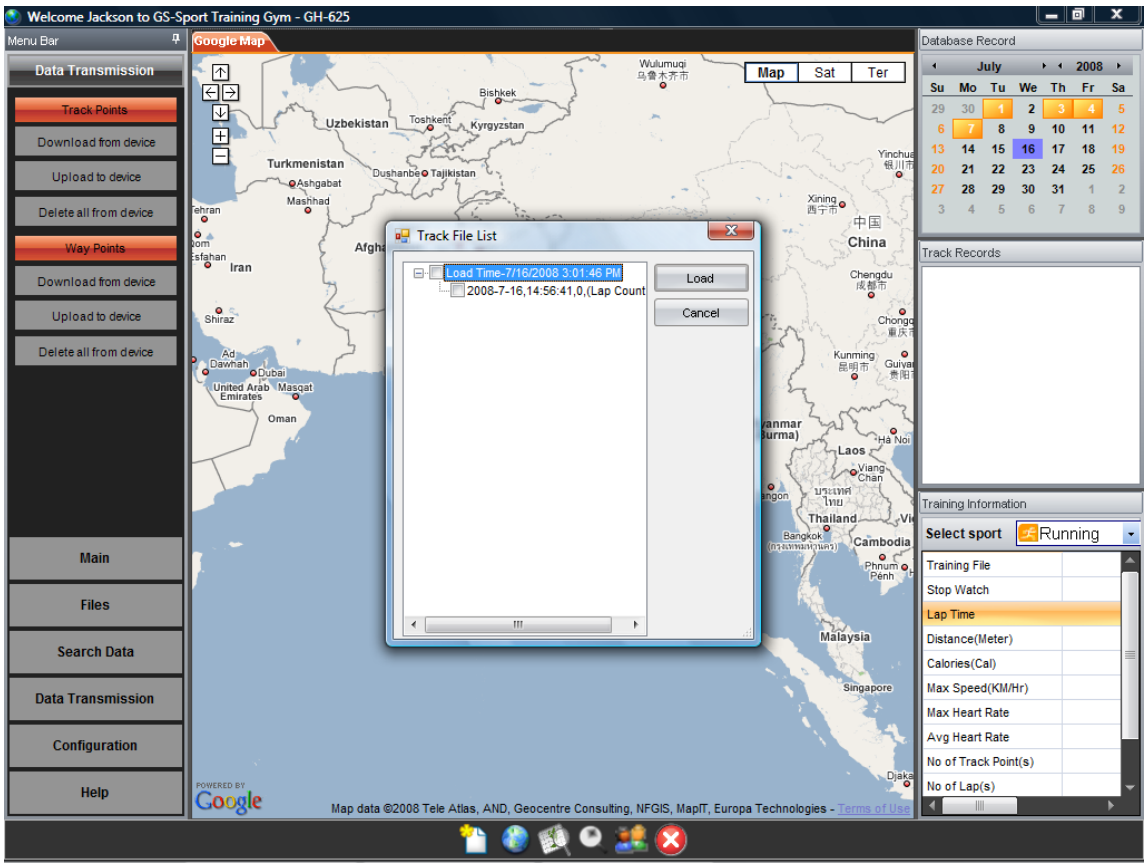


- Please Choose “Data Transmission” and select which saved data will be downloaded.



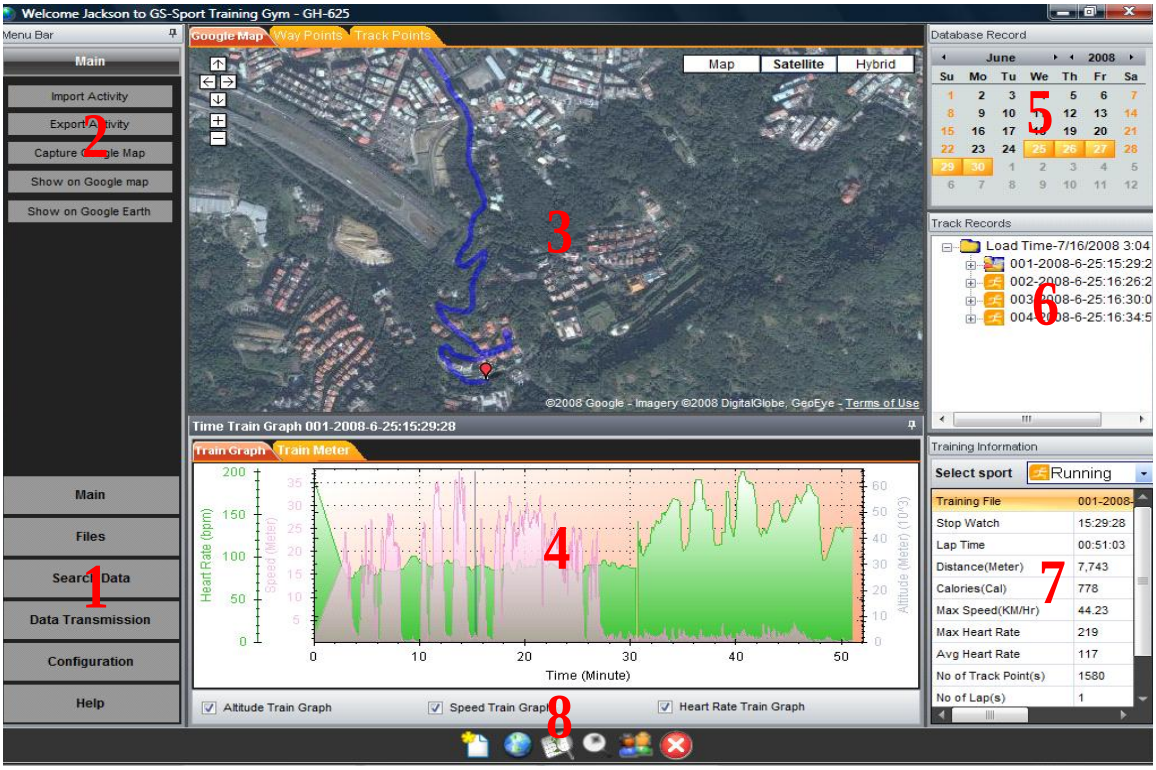
- When the user connect PC and GH-625, GH-625 will pop-up a message asking if user want to connect to PC or user can select the "connect to PC" from GH-625.





9.2-3 Section Description

1. Main Function
2. Sub tool Bar
3. Google Map, Track point data, Waypoint Data
4. Statistics analysis tools, Play Meter
5. Training data base saved by calendar
6. Training list
7. Training detail information
8. Software control Function



9.2-4 Menu Structure

Main	Import Activity	Save training information to **act** format file.
	Export Activity	Export training information to **KML**, **CSV**, **Text** or **GPX** format.
	Capture Google Map	Capture current Google Map window as **JPG** format
	Show on Google Map	Show Training data on Google Map. Specify the folders for saving different format of files when you export the training information.
	Show on Google Earth	Show Training data on Google Earth. Quit the application, you will be asked to save the document.
Files	Open	Open file (support **gpx**, **kml**, **nmea**, **csv** and **text** format)
	Save	Save file (support **gpx**, **kml**, **nmea**, **csv** and **text** format)
Search Data	Search by Date	Search records from database by selecting "start date" and "End date"
	Search by Sport	Search records from database by Sport's type
Data Transmission	Track Points	Download from Device
		Upload from Device
		Delete all from Device
	Way Points	Download from device
		Upload from Device
		Delete all from Device
Configuration	Com port Setting	Device Com port setting
	Device Configuration	Device information
	Firmware Upgrade	Firmware updated function
	Unit Exchange	Three Unit selection(Metric, Statute and Nautical)
	Language	Six Language selection(English, Traditional Chinese, Spanish, German, Italian and French)
Help	Check update	Check the latest version from FTP site
	About GS-Sport	GS-Sport introduction
	About US	The team information

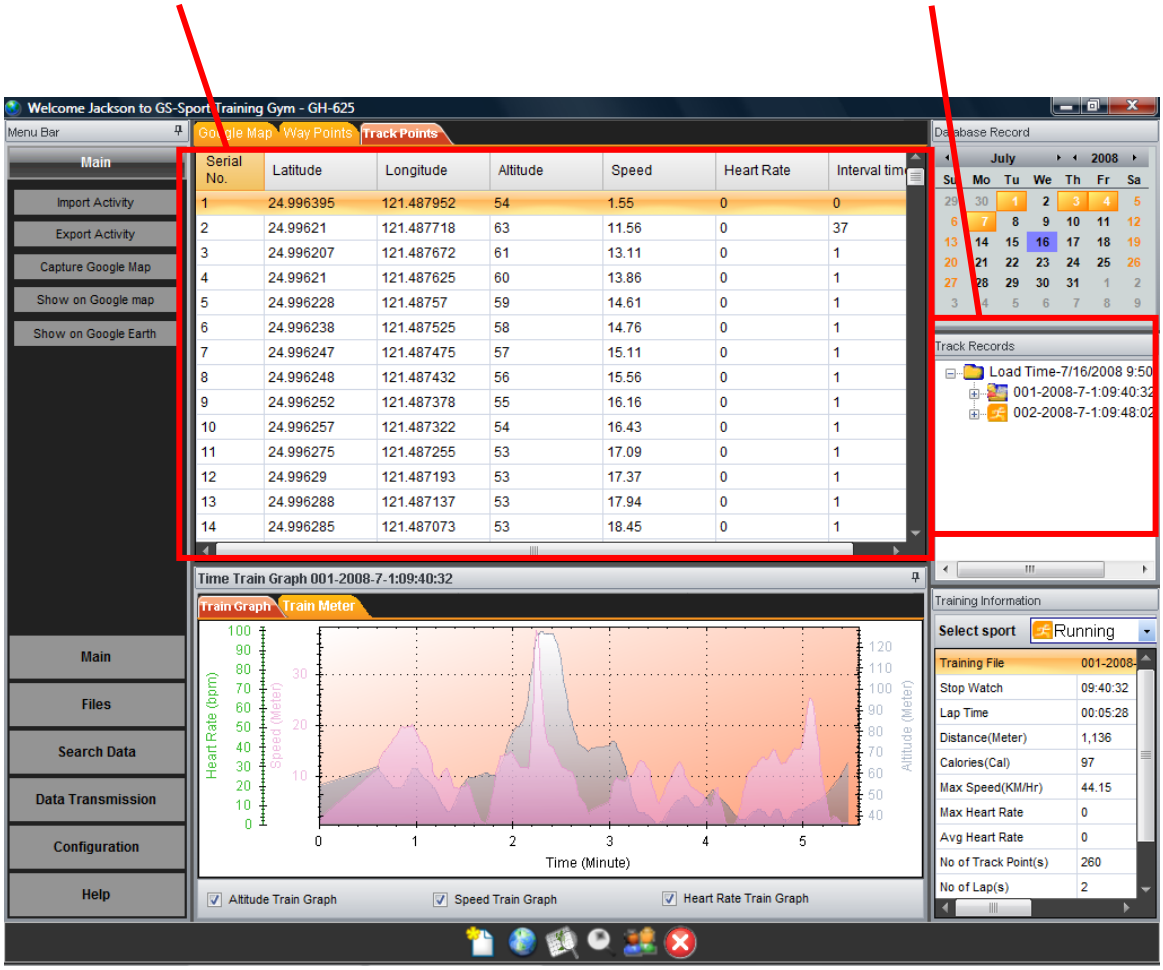
9.2-5 Download Data from GH-625

- Connect GH-625 to your PC with the USB cable.

In GH-625, press [MAIN MENU] > [Connect to PC].
In GS-Sport Training GYM, click [Data Transmission] > [Trackpoints]> [Download from Device] or [Waypoint]> [Download from Device].
The downloaded training data will be stored in calendar.

The downloaded **Trackpoints** details are displayed in this panel.

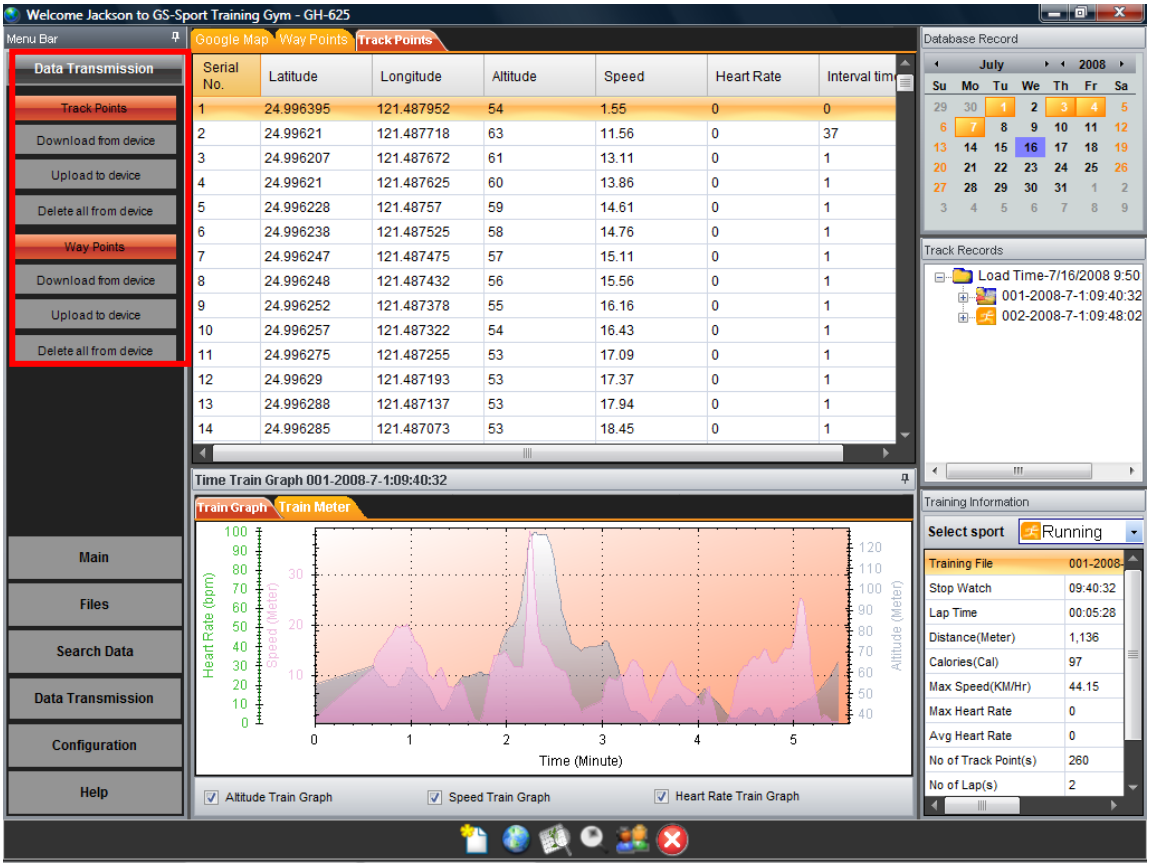
The training file will show in this panel.



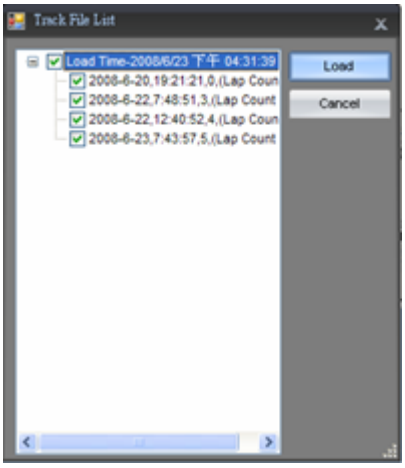
9.2-6 Upload Data to GH-625

- Connect GH-625 to your PC with the USB cable.

In GH-625, press [MAIN MENU] > [Connect to PC].
In GS-Sport Training GYM, click [Data Transmission] > [Trackpoints]> [upload from Device] or [Waypoint]> [upload from Device].



When GS-Sport Training Gym searches successful, there will be “Track File list” window pop-up.

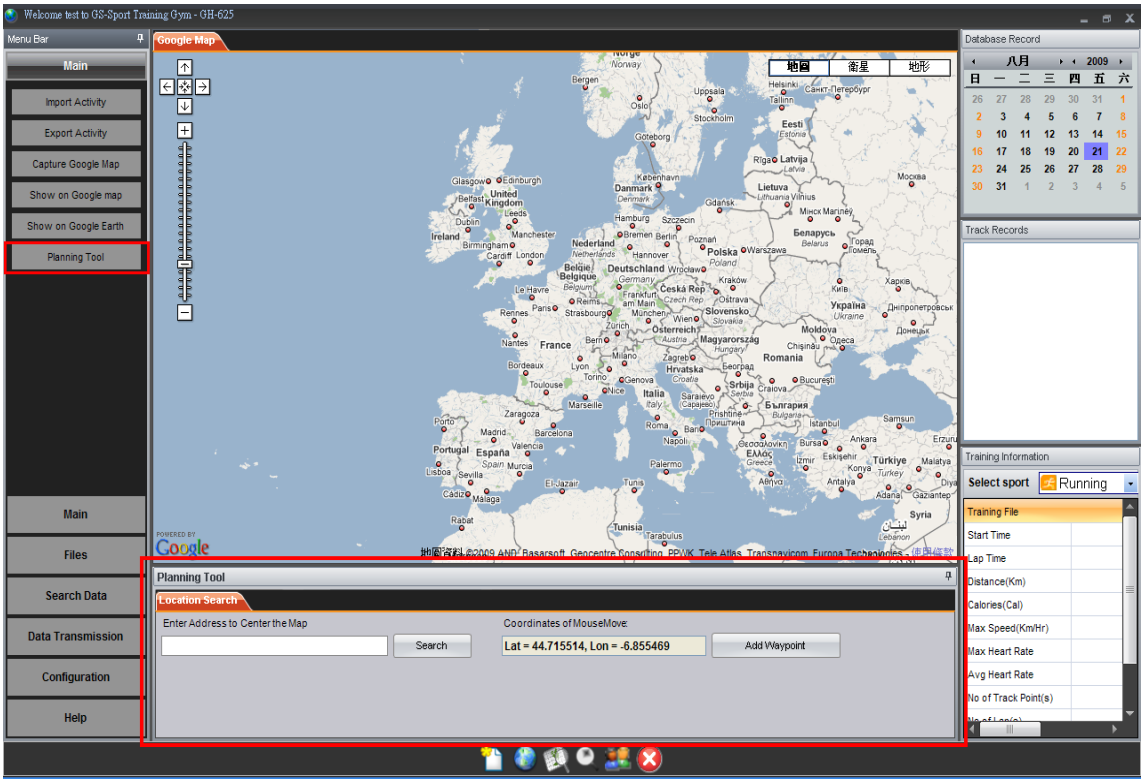


When the download procedure is processing, the progressing message will be displayed on screen.

If the memory space is full, you need to delete some waypoints before you can make the uploading. Meanwhile, the waypoint or training data will overwrite the one with the same Location Name.

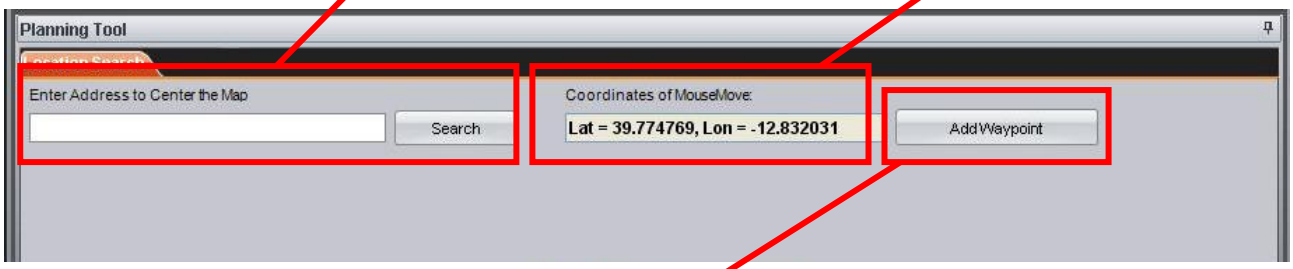
9.2-7 Waypoint Add/Edition

- In GS-Sport Training GYM, click [Main] > [Planning Tool]
  There will display "**Planning Tool**" bar at the bottom of Google map.

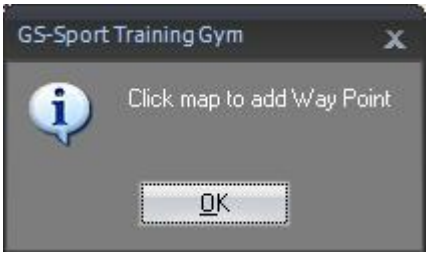


Key the address or coordinate in the column and click "**Search**", the map will center the location.

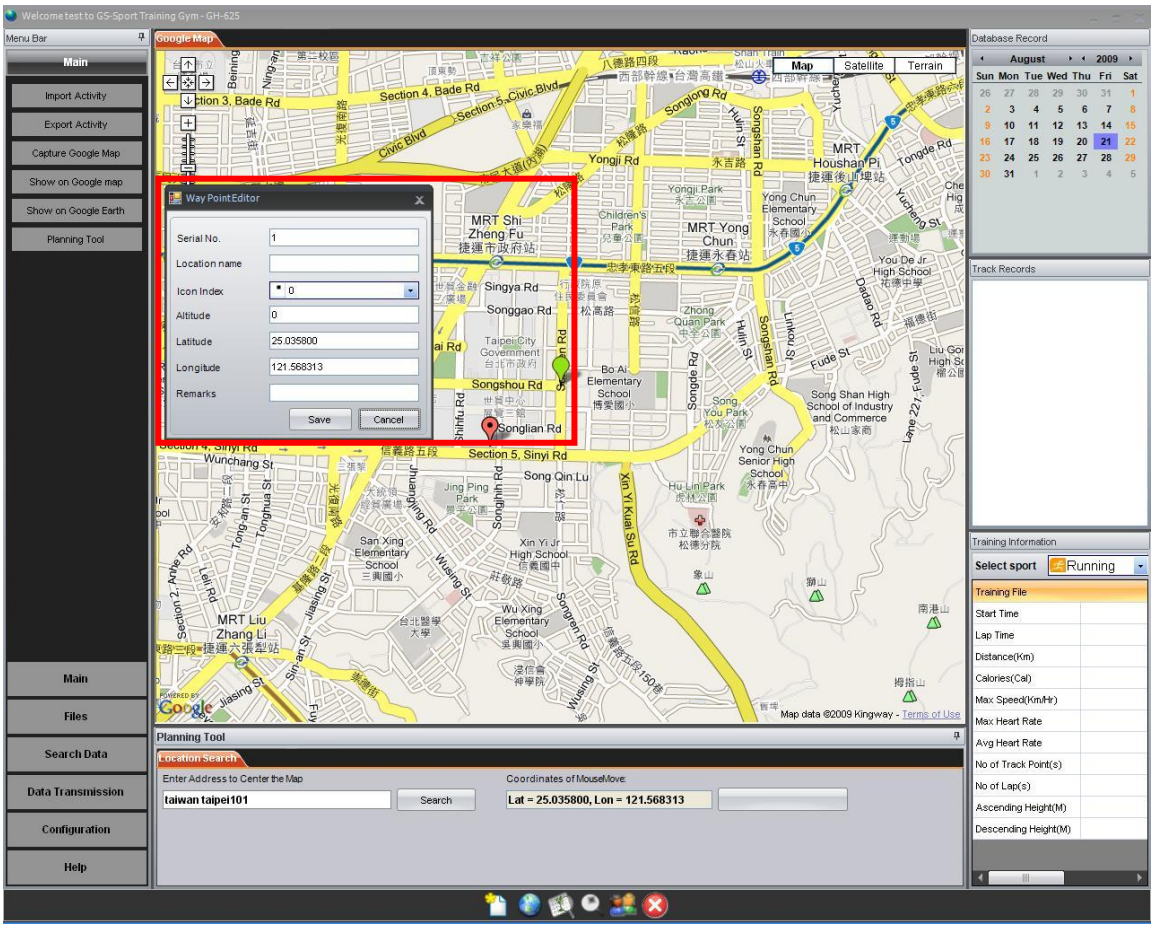
When the cursor moves on the map, this column will display the current latitude and longitude.



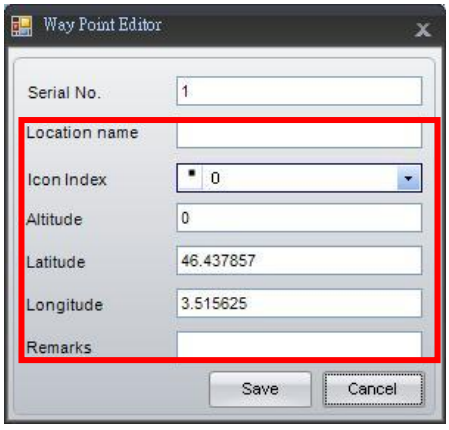
Click the "**AddWaypoint**" button; window will pop up a message to inform user adding waypoint by clicking map.



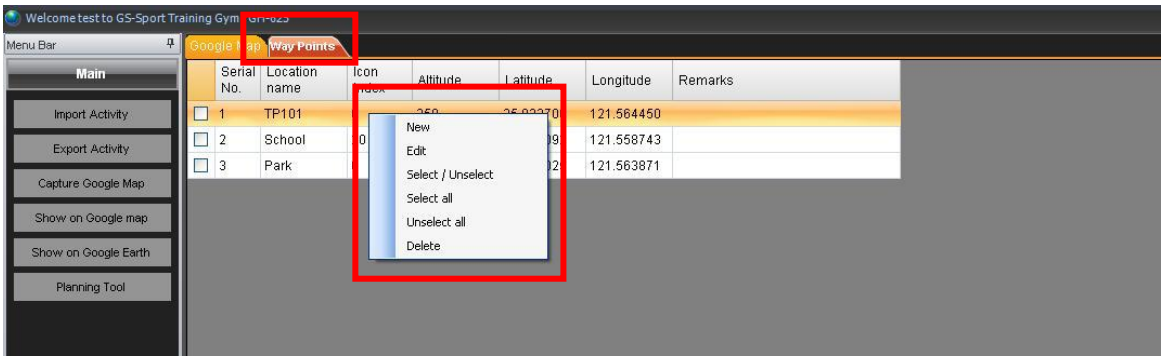
When click the map, the location you clicked will appear a green marker, and display a "**Way Point Editor**" window.



User need to name the new point; For the customization, user can also specify the **Icon Index**, modify the **Altitude**, **Latitude**, **Longitude** and **Remark** manually, finally click "**Save**" button, the waypoint data will be stored in calendar.

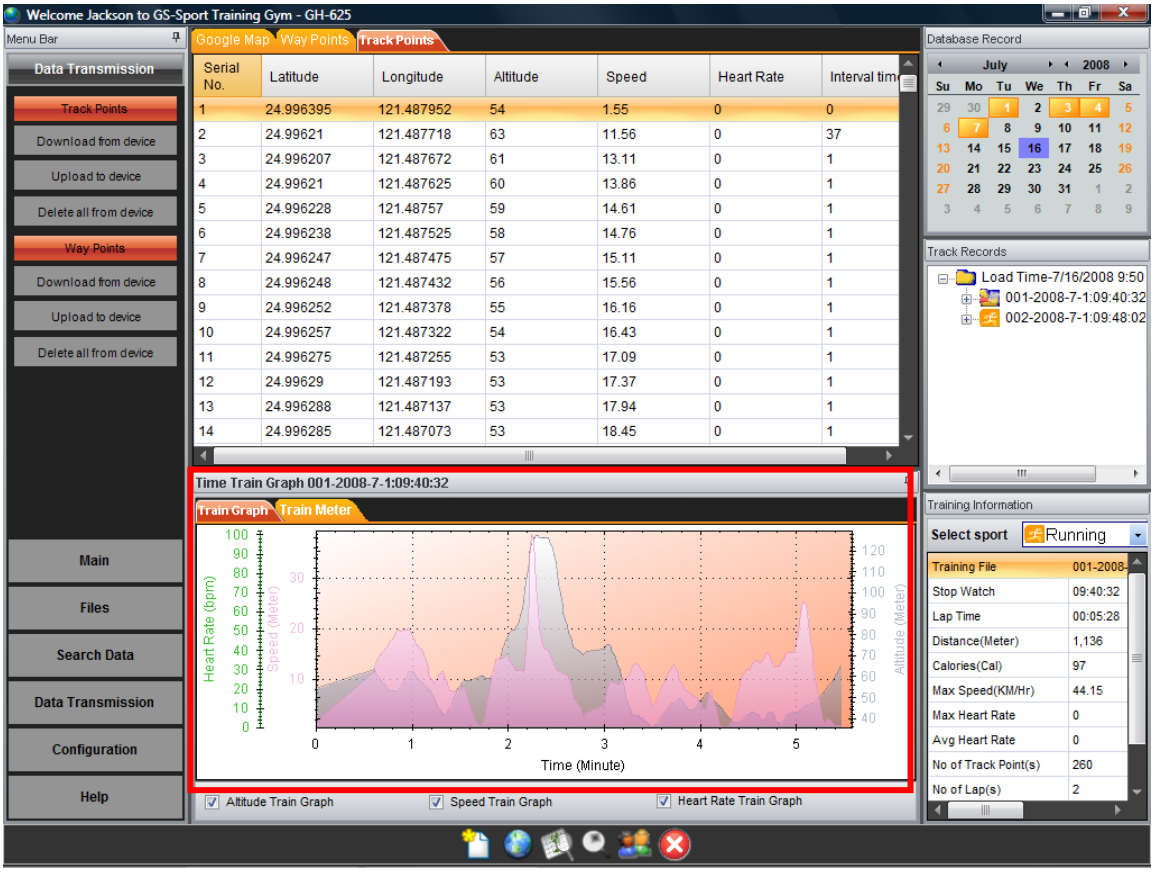


To edit the available waypoint data, select ‘Way Points” tab and select one waypoint to click right button on the mouse, it will appear the option for way point editor.

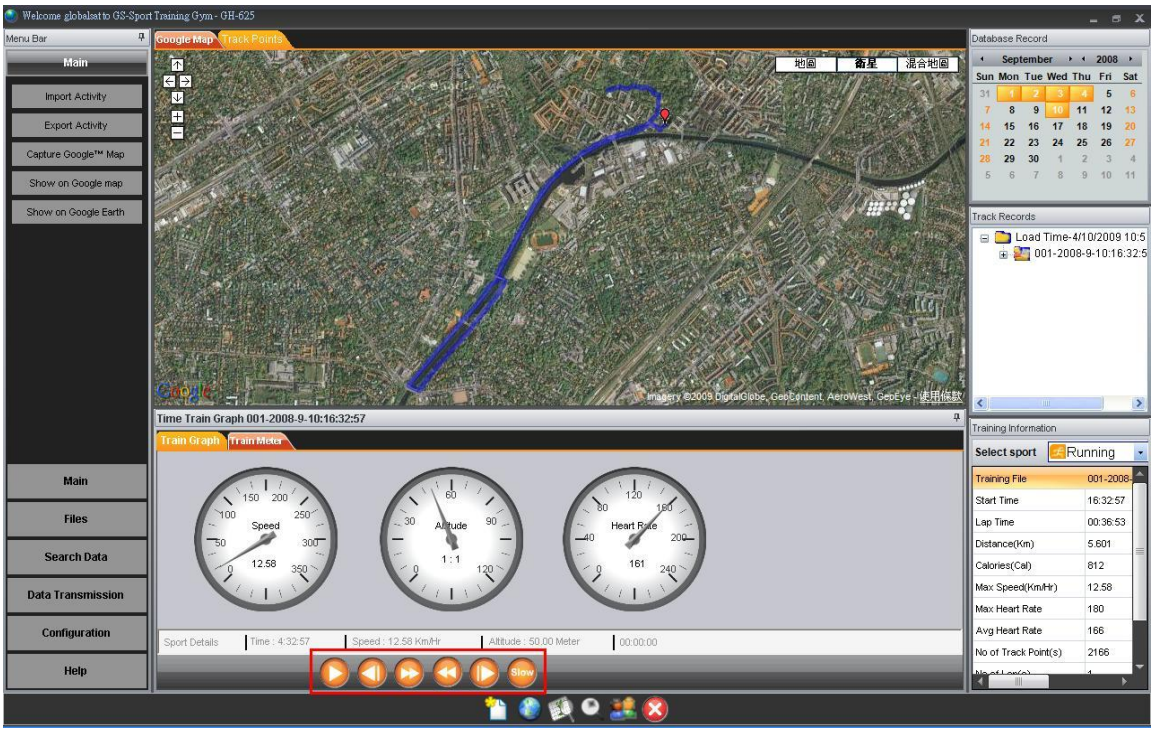


9.2-8 View statistic curve

From statistics analysis area, check the kind of curve you want to view. (Or click the curve buttons from tool bar.)

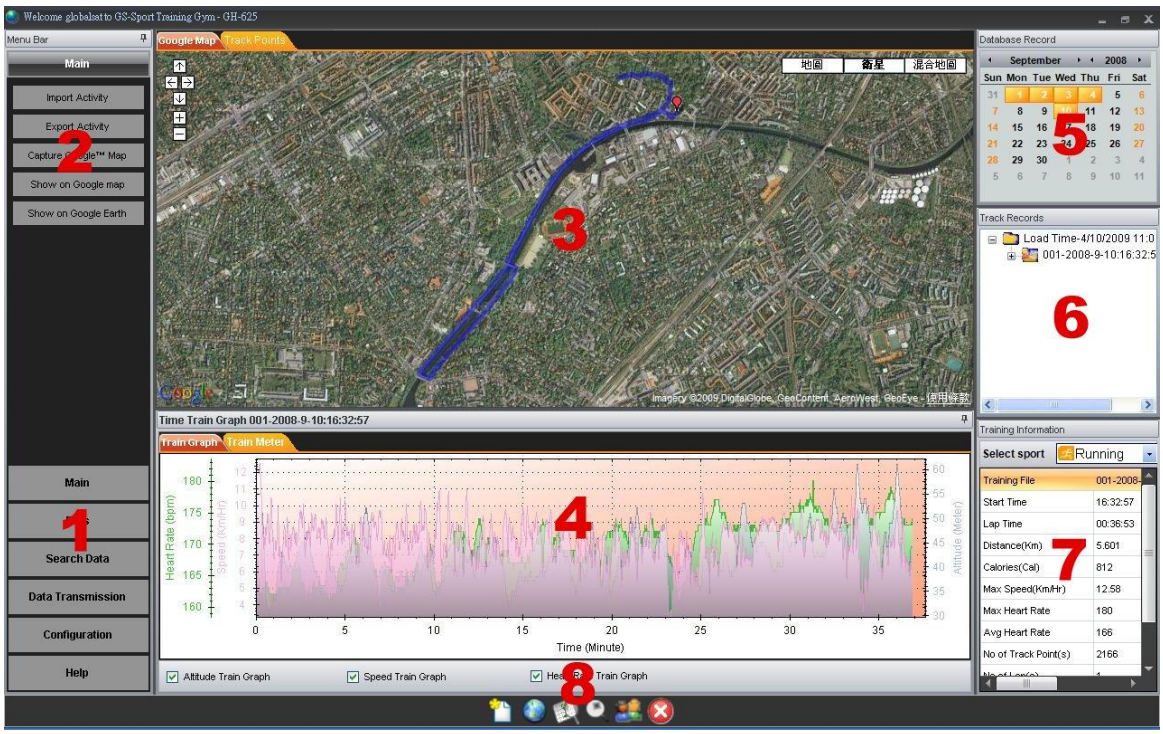


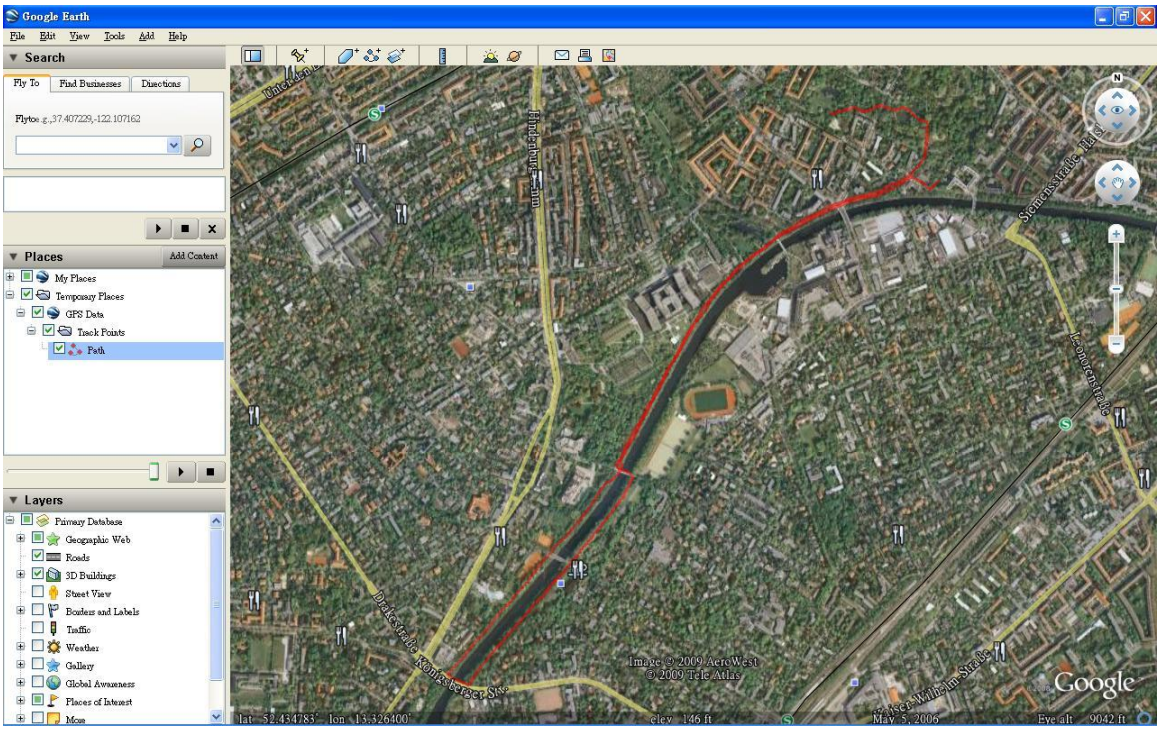
9.2-9 Replay the training



9.2-10 View Track points in Google Earth

1. Click the Track Records on the section 6.
2. Double click the earth icon on section 8. The software will open Google Earth automatically if Google Earth has been installed in the computer. The Track points will be shown on Google Earth. (This feature requires Google Earth installed on your system.)

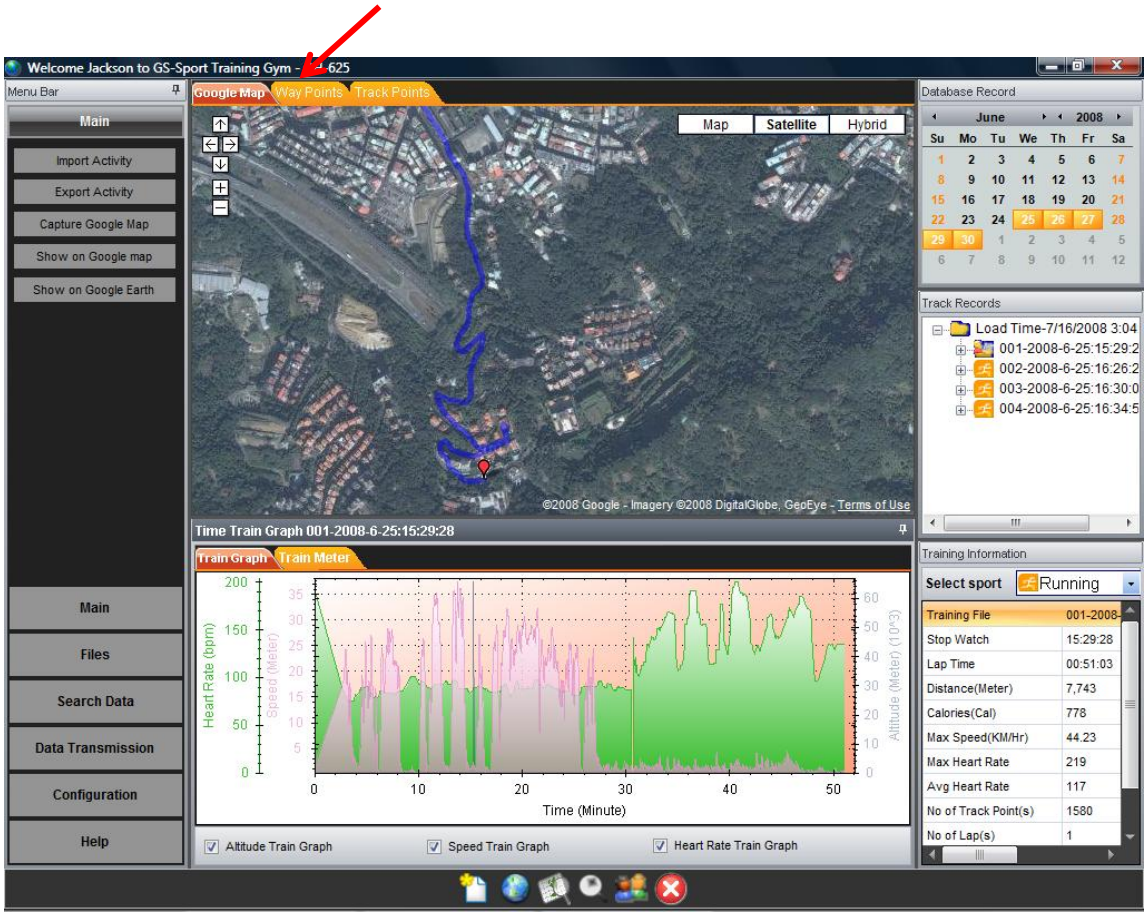

Welcome globalsat to GS-Sport Training Gym - GH-625
Menu Bar
Main
Import Activity
Export Activity
Capture Google™ Map
Show on Google map
Show on Google Earth
Main
Search Data
Data Transmission
Configuration
Help
Google Map
Track Points
地圖
衛星
混合地圖
Database Record
September
2008
Track Records
Load Time-4/10/2009 11:0
001-2008-9-10:16:32:5
Time Train Graph 001-2008-9-10:16:32:57
Train Graph
Train Meter
Heart Rate (bpm)
Time (Minute)
Altitude Train Graph
Speed Train Graph
Training Information
Select sport
Running
Training File
Start Time
Lap Time
Distance(Km)
Calories(Cal)
Max Speed(Km/Hr)
Max Heart Rate
Avg Heart Rate
No of Track Point(s)
1
2
3
4
5
6
7
8


Google Earth
File Edit View Tools Add Help
Search
Fly To
Find Businesses
Directions
Places
Add Content
My Places
Temporary Places
GPS Data
Track Points
Path
Layers
Primary Database
Geographic Web
Roads
3D Buildings
Street View
Borders and Labels
Traffic
Weather
Gallery
Global Awareness
Places of Interest
Image © 2009 AeroWest
© 2009 Tele Atlas
Google

9.2-11 View Track points in Google Maps

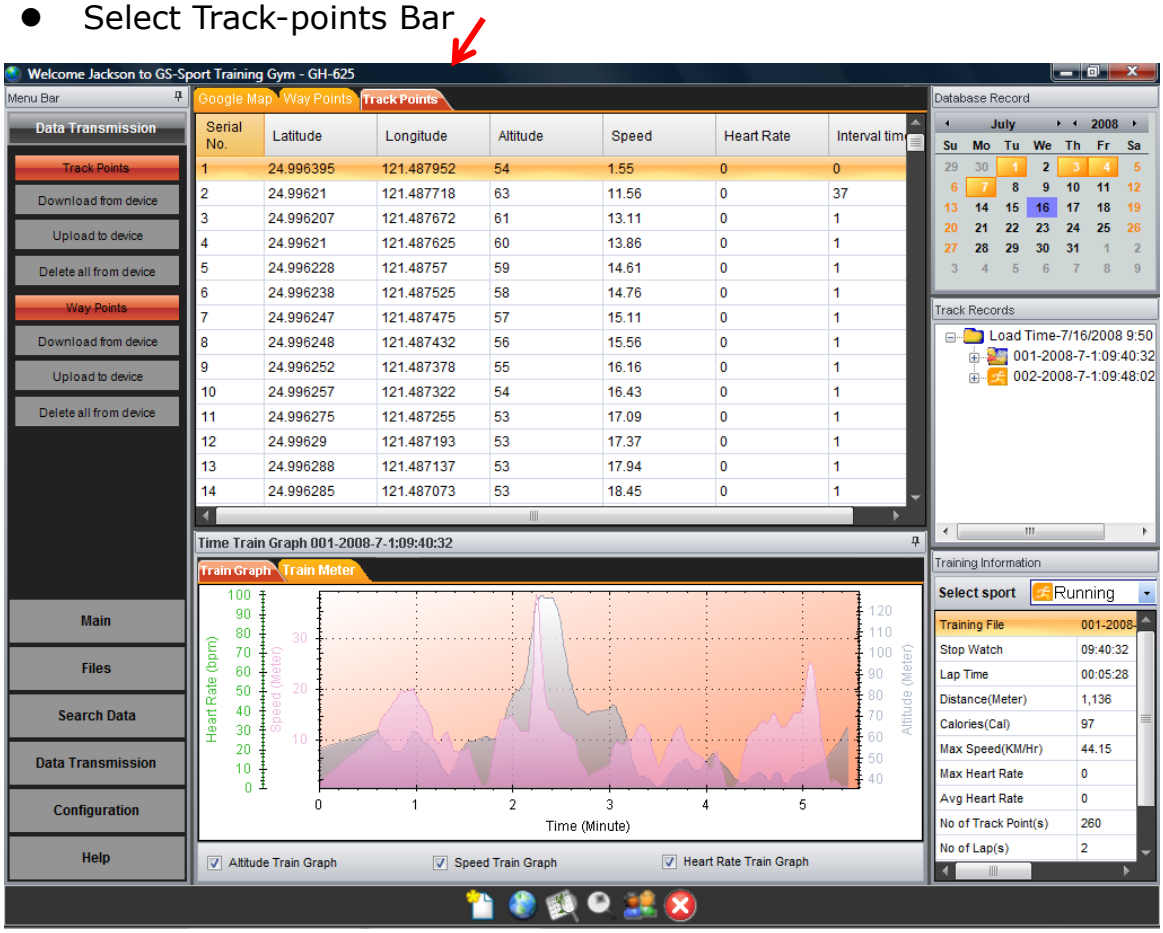
Click the Track Records from the training files area, and the training trace will appear on the Google Map.

- **The Track-points will appear on the Map.**



9.2-12 View Track points information for details

- Select Track-points Bar



9.2-13 Firmware Upgrade

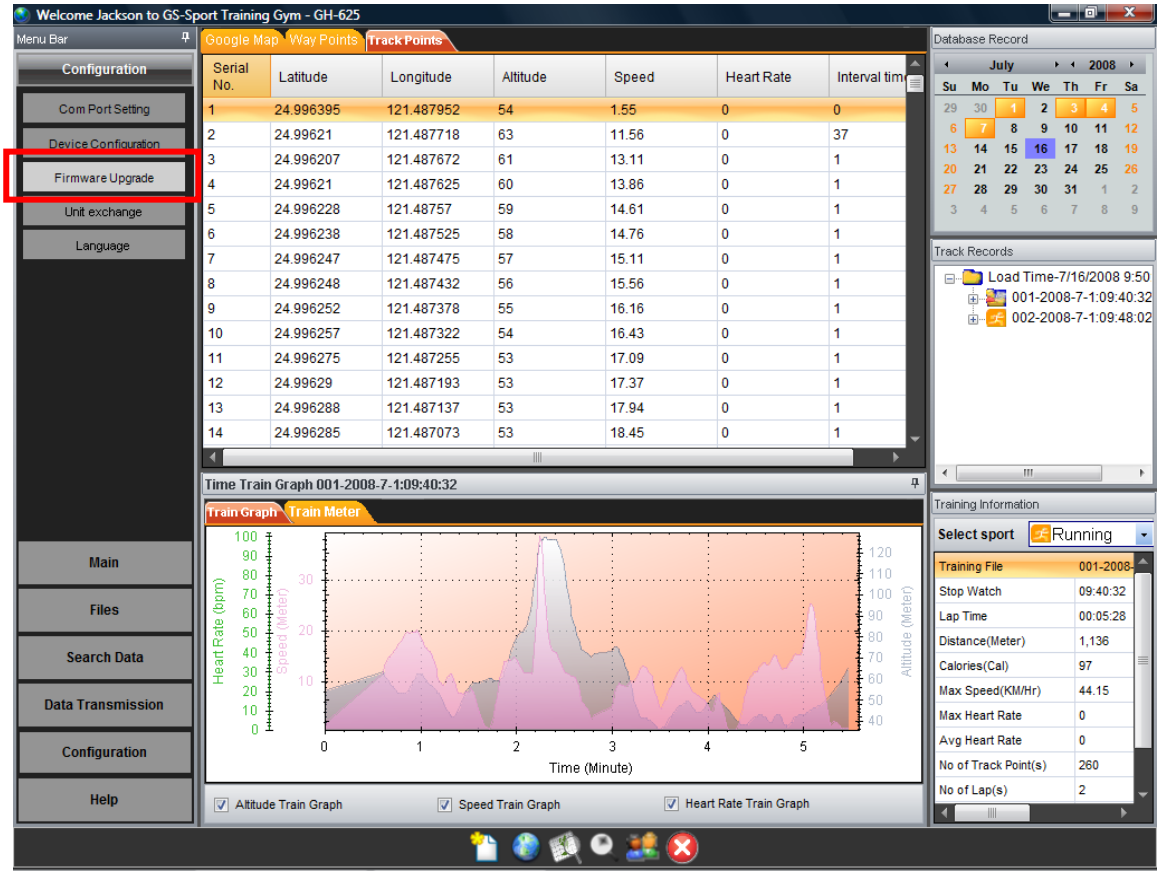
- Connect GH-625 to your PC with the USB cable.

In GH-625, press [MAIN MENU] > [CONFIGURATION] > [SYSTEM UPGRADE].

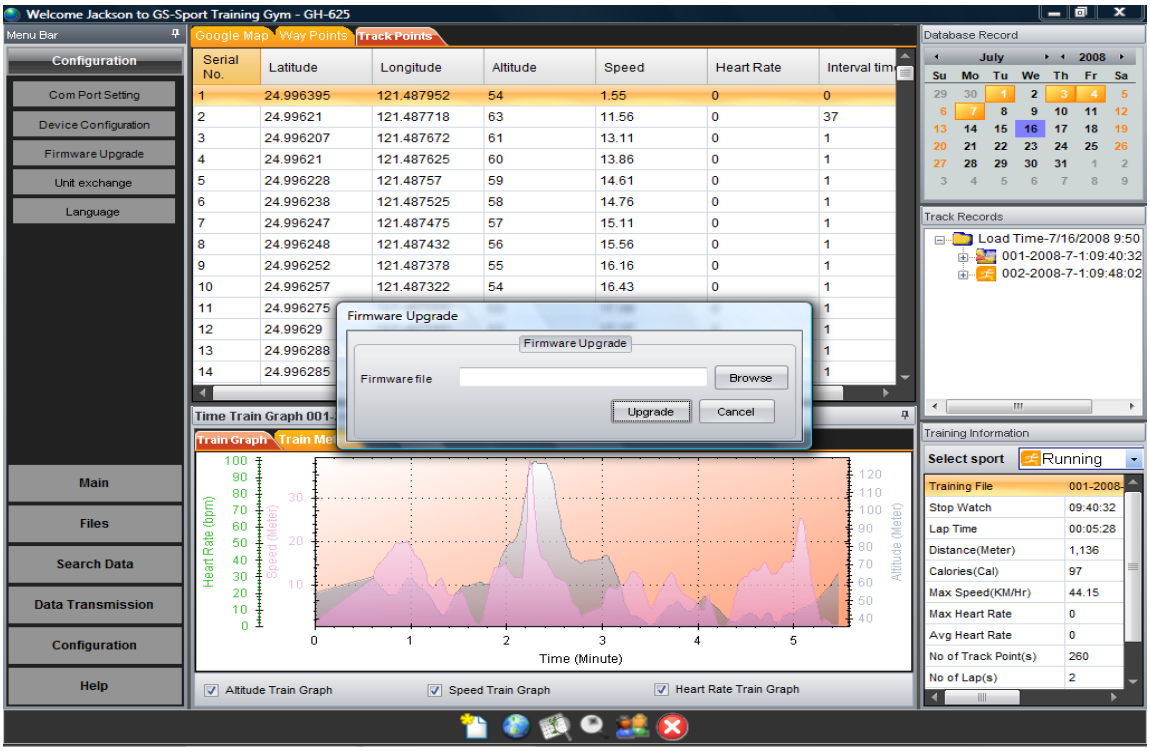
- Please follow the instruction list below.

Note: Interruption of firmware update will cause GH-625 malfunction.

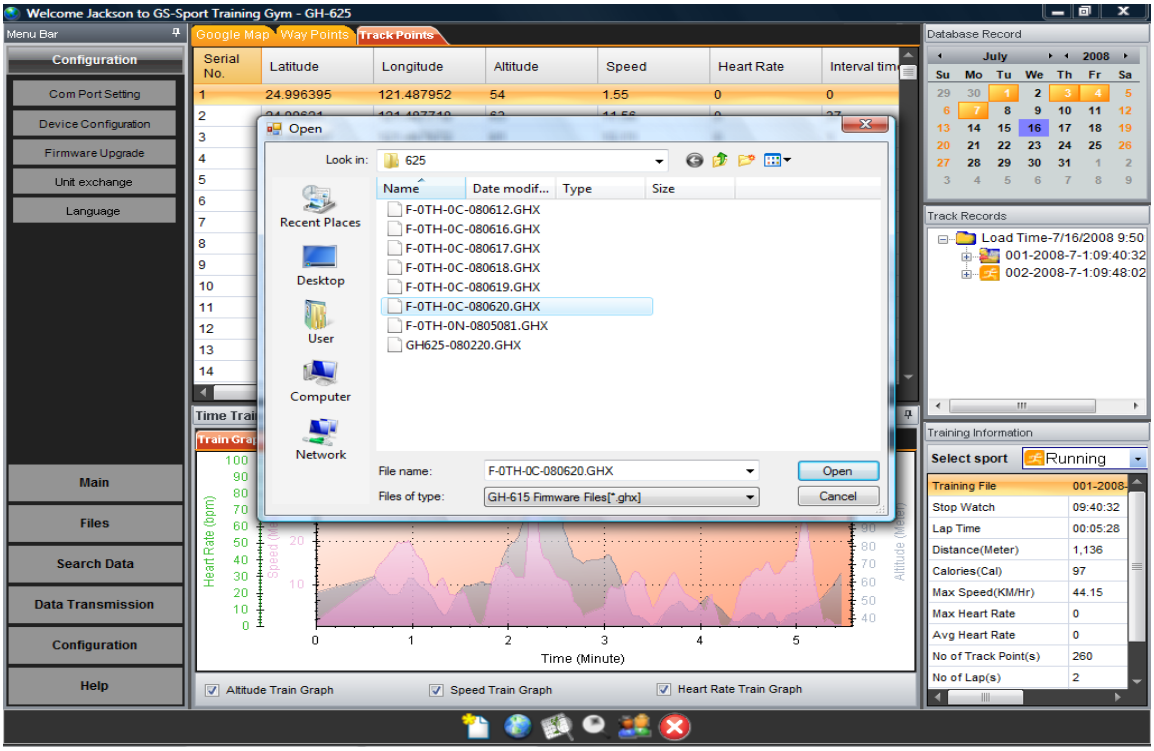
1. In GS-Sport Training GYM, click [Configuration] > [Firmware Upgrade] from menu bar.



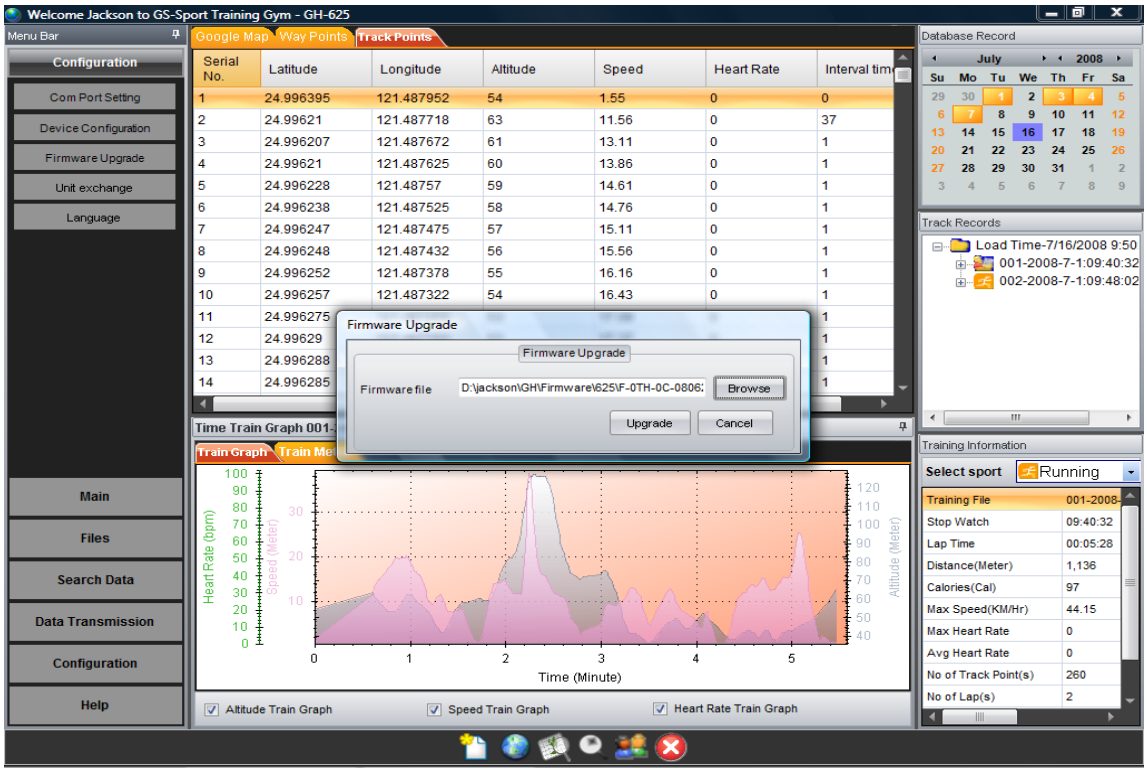
2. Browse for the firmware file (*.GHX). Click on the "Upgrade" button to start firmware upgrade process.



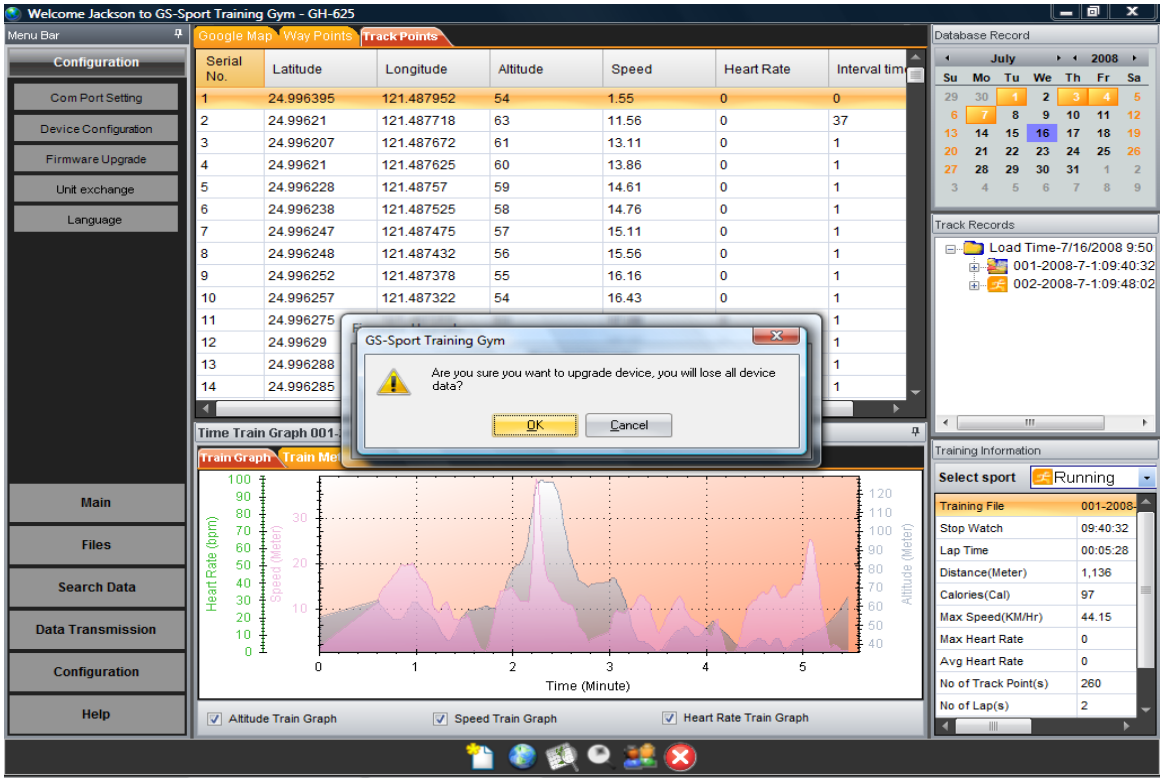
3. Select the firmware version



4. Click the “Upgrade” button.

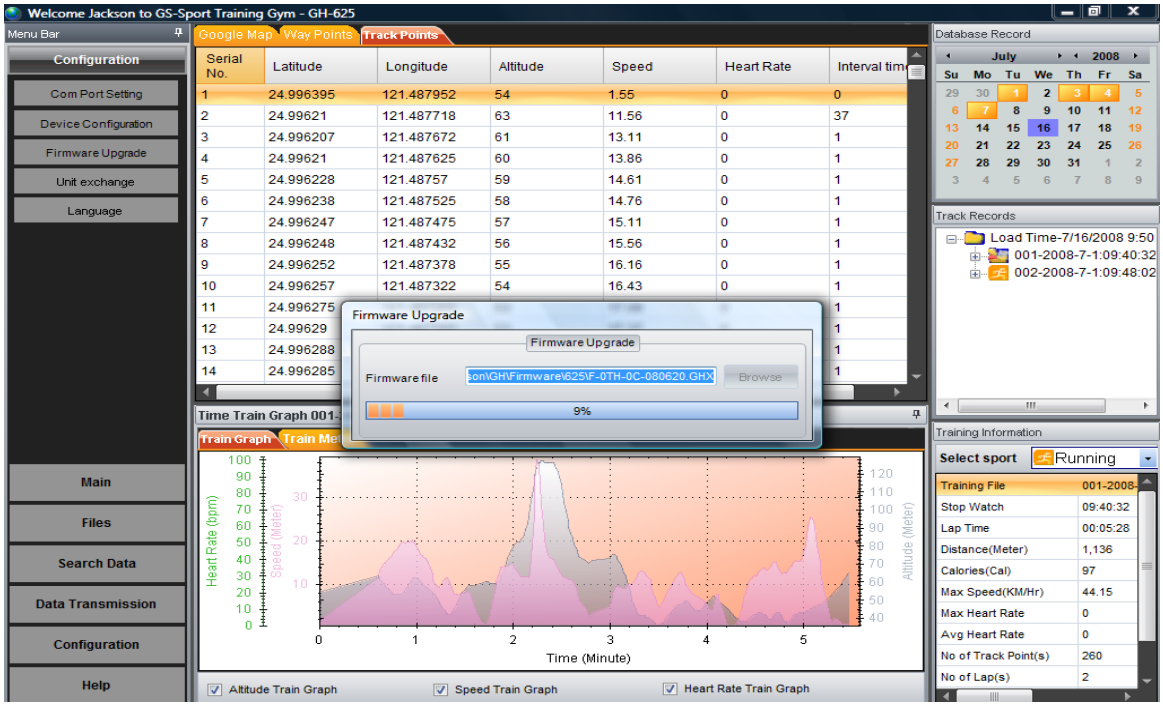


5. Confirmation of firmware upgrade. If you decided to upgrade firmware, please click “OK”.

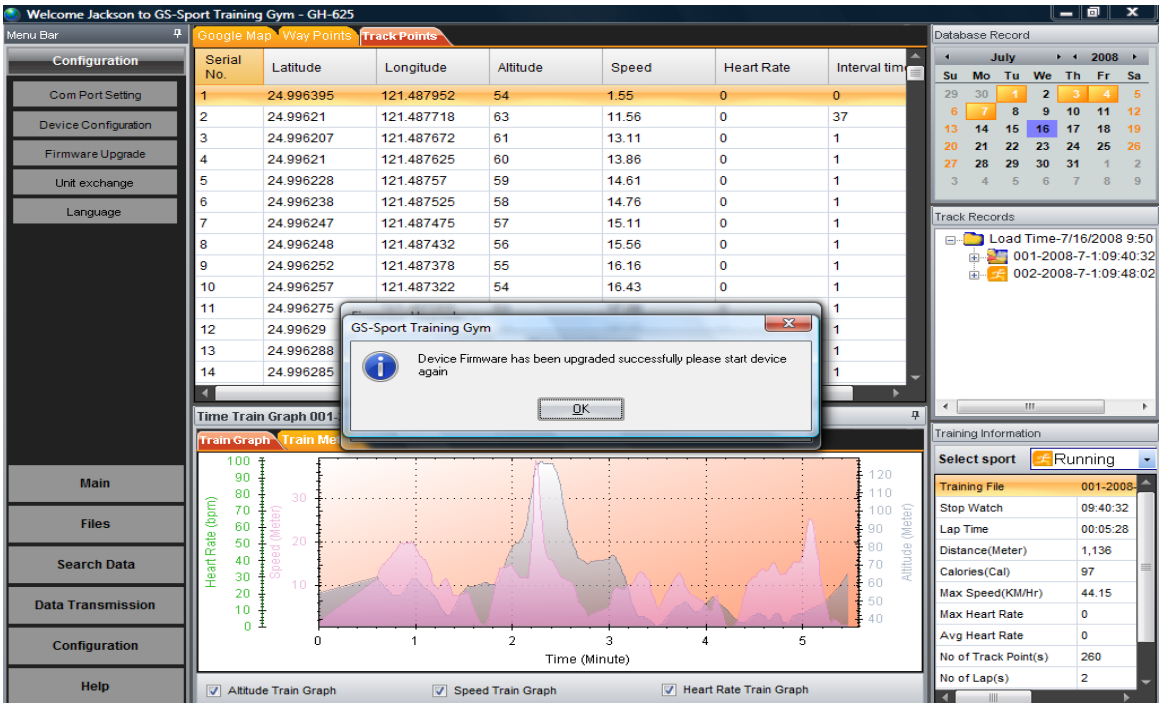

Welcome Jackson to GS-Sport Training Gym - GH-625
GS-Sport Training Gym
Are you sure you want to upgrade device, you will lose all device data?
OK
Cancel

6. Upgrade processing Bar.

Note: Interruption of firmware update will cause GH-625 malfunction. Do not unplug GH-625 or turn off the Software.

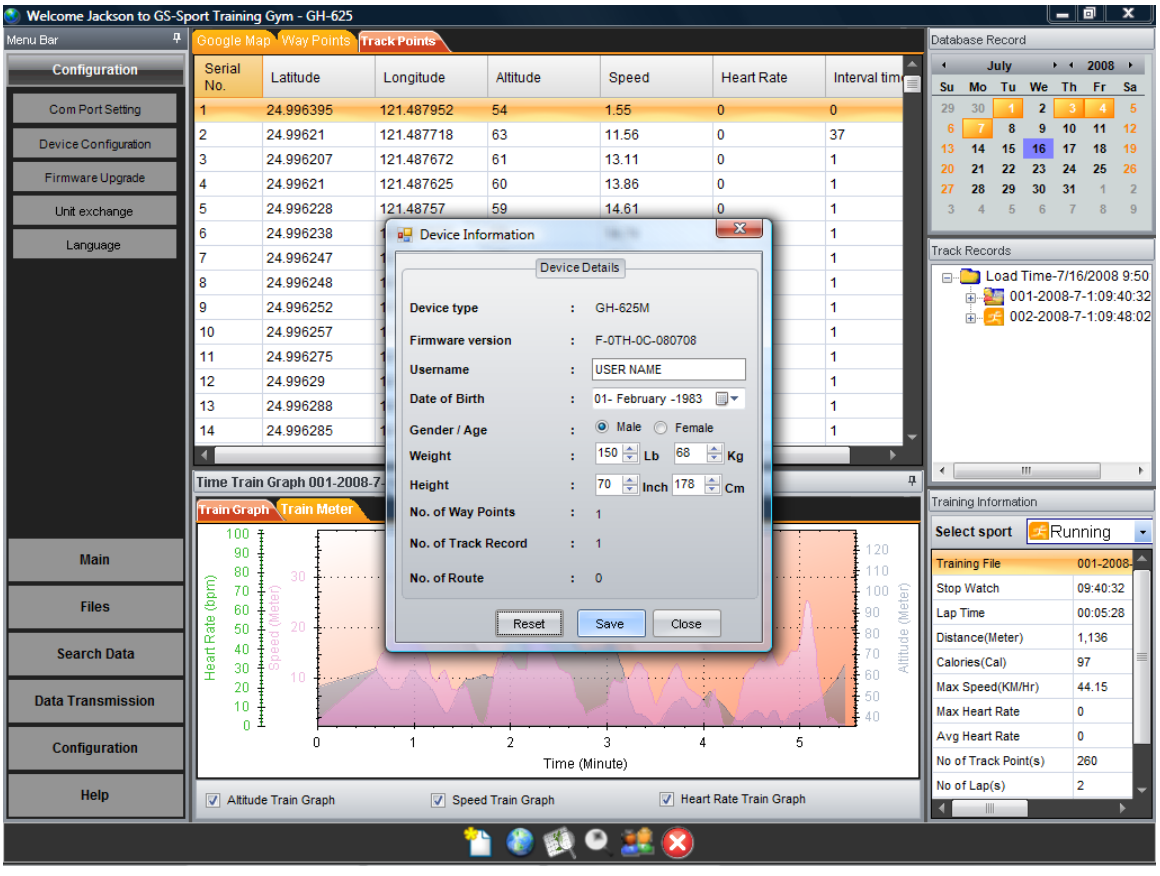


7. Upgrade successful. GH-625 will shut down automatically.



9.2-14 Display the system information of GH-625

- Connect GH-625 to your PC and GS-Sport Training GYM select the ***[Configuration] > [Device Configuration]***


Welcome Jackson to GS-Sport Training Gym - GH-625
Device Information
Device Details
Device type : GH-625M
Firmware version : F-0TH-0C-080708
Username : USER NAME
Date of Birth : 01- February -1983
Gender / Age : Male Female
Weight : 150 Lb 68 Kg
Height : 70 Inch 178 Cm
No. of Way Points : 1
No. of Track Record : 1
No. of Route : 0
Reset
Save
Close

10. Maintenance

10.1 Take care of you GH-625

- Do not store your GH-625 in an extremely high or low temperature environment.
- Use a dampened cloth to clean your GH-625 and wipe dry. If necessary, apply mild detergent solution to the cloth. Do not use strong chemical solvents or it may damage the plastic surface.

11. Glossary

Activity	Relates to data being transmitted from GH-625. Activity is a history or log of events. Activity data includes time or distance updates.
Waypoint	Waypoints are sets of coordinates that identify a point in physical space. For the purposes of terrestrial navigation, these coordinates usually include longitude and latitude, and sometimes altitude (particularly for air navigation).
Trackpoint	The current moving trace.
Navigation	The act of determining the course or heading of movement.
2D Operating Mode	A "two-dimensional GPS position fix" includes only horizontal coordinates. It requires a minimum of three visible satellites.
3D Operating Mode	A "three-dimensional GPS position fix" includes horizontal coordinates, plus elevation. It requires a minimum of four visible satellites.
Weak Signal	GPS signal is weak (GPS is fixing).
Receiving	Can't find GPS (GPS turned off or broken down).
WAAS/EGNOS	Wide Area Augmentation System / European Geostationary Navigation Overlay Service. These are two satellite-based systems that can be used to increase the accuracy of GPS position fixes.
IPX7	An IPX7 designation means the GPS case can withstand accidental immersion in one meter of water for up to 30 minutes.
GMT	Greenwich Mean Time (GMT) is a term originally referring to mean solar time at the Royal Observatory, Greenwich in England. It is now often used to refer to Coordinated Universal Time (UTC) when this is viewed as a time zone, although strictly UTC is an atomic time scale which only approximates GMT in the old sense. It is also used to refer to Universal Time (UT), which is the astronomical concept that directly replaced the original GMT.

11. Troubleshooting & FAQ

1. Why can't GH-625M receive heart rate signal?

Solution:

(1). Check if you correctly wear the heart rate monitor or not.
(2). Turn on the Heart Rate Alert function in GH-625M.
(3). If it is still not working, check the battery of Heart Rate monitor.

2. Why does it show "PC com port error" when I download data?

Solution:

(1). Please check if the USB driver is installed or not.
(2). Connect GH-625 to your PC with the USB cable.
(3). Double click the "GH625 GS-Sport Training GYM" icon from desktop to start the application.
(4). From menu bar click "Settings" / "Configurations", and click "Scan COM Port" button. COM port will be automatically scanned.

3. What's the difference between 625B and 625M?

Solution:

(1). "B" stands for basic model (without HRM).
(2). "M" means heart rate monitor supporting (HRM).

4. Why GH-625M/615M can't receive heart rate signal well?

Solution:

(1). Check if you correctly wear the heart rate belt or not.
(2). Wet the sensors with water or a water-based conducting gel to ensure good contact.
(3). Turn on the Heart Rate Monitor function in GH-625M.
(4). If it is still not working, check the battery of Heart Rate monitor.

5. Why does it show "PC com port error" when I download data?

Solution:

(1). Please check if the USB driver is installed or not.
(2). Connect GH-625 to your PC with the USB cable.
(3). Double click the "GS-Sport Training Gym" icon from desktop to start the application.
(4). From menu bar click "Configurations"/"COM Port Setting, and the application will auto re-scan Com Port, if failed, click "Scan" button. COM port will be automatically scanned.

6. Why can't I upgrade GH-625/615 with new firmware?

Solution:
(1). Please check if the firmware file is correct.
(2). Confirm GH-625 sets to System Upgrade mode.

7. What's the different between GH625 and GH615?

Solution:
(1). GH625 add a LAP function which allow user to split a lap when timer is running.

8. How do I keep my training records when upgrade GS-Sport Training Gym with new version?

Solution:
(1). Backup the database from C:\Program Files\GlobalSat Technology\GS-Sport Training Gym\MySQL\data before you un-installing the GS-Sport Training Gym.

(2). After GS-Sport Training Gym installing accomplished, try to input "net stop mysql1" at COMMAND MODE to stop SQL services.

(3). Copy and overwrite the database back to the corresponding folder.

9. Where can I download the driver and software if I lost my GH-625 CD?

Solution:
You can check the new driver and plugin in our website.

http://www.globalsat.com.tw/eng/product_detail2_00000117.htm

10. How to import or export the training records from or to file?

Solution:

(1). User can use GS-Sport training gym to import/export the training records from/to specific file. (.ACT)

Import Activity：

[Menu Bar] -> [Main] -> [Import Activity] -> Choose one file you want to import.

Export Activity：

Choose one training file you want to export then follow below step.

[Menu Bar] -> [Main] -> [Export Activity] -> [Activity Details] -> select sporting type and note and then click "OK".

11. What format of training file does GS-Sport Training Gym support?

Solution:

(1). GS-Sport Training Gym can save/open the training record as/from kml, nmea, gpx, csv, txt file.

OPEN：

[Menu Bar] -> [File] -> [Open] -> Select one file type and file name you want to open.

SAVE：

Select one training file you want to save.

[Menu Bar] -> [File] -> [Save] -> Select one file type you want to save as.

12. How to edit and upload waypoints through GS-Sport Training Gym?

Solution:

Edit：

(1). From Track Records to select training file what you want to browse

(2). Click "waypoints" of function bar and you can see all waypoints list, select one waypoint and click right button to edit contents of waypoint.

(3). You can edit property of waypoint and save.

Upload：

(4). Mark waypoints that you want and follow below step.

[Menu Bar] -> [Data Transmission] -> [Way Points] -> [Upload to Device] (for GH-625 device, please enter CONFIGURATION > CONNECT TO PC). You can see the successful message that upload waypoint to device.

13. Why can I export data to Google Earth, but can't export data to Google Earth Pro?

Solution:

Since the installed directory are different between Google Earth and Google Earth Pro, sometimes you can't wake up it directly by click on GS-Sport Training Gym Software; you have to follow the bellowing procedure to wake up it:

(1). If GS-Sport Training Gym can't show the map to the Google Earth or Google Earth Pro, the pop-up message will ask you if want to modify the directory or not.

(2). To find the directory of Google Earth or Google Earth Pro you installed, choose the googleearth.exe then click OPEN to finish.

(3). Finally, the Google Earth or Google Earth Pro could be opened.

14. How can I uninstall GS-Sport Training Gym?

Solution:

(1). Use uninstall function from Windows menu:
Start > Programs > Globalsat GS-Sport > Uninstall GS-Sport.
(2). Use add/remove program from Windows control panel:
Start > Setting > Control panel > Add/Remove program, search for GS-Sport Training Gym and uninstall.

15. How to backup database before I update SW?

Solution:

(1). Backup the database from C:\Program Files\GlobalSat

Technology\GS-Sport Training Gym\MySQL\data before you un-installing the GS-Sport Training Gym.
(2). After GS-Sport Training Gym installing accomplished, try to input "net top mysql1" at COMMAND MODE to stop SQL services.

(3). Copy and overwrite the database back to the corresponding folder.

16. What should I do when upgrade firmware fail?

Solution:

Note: Do not power down your GH-625

(1). Please follow the upgrade firmware procedure till the upgrade succeeded.

17. What should I do if GH-625 can't power on?

Solution:

(1). Press "up + down" and "power" buttons at the same time, you will be able to turn on GH-625 in firmware upgrade mode.
(2). Please follow the regular firmware upgrade procedure.

18. Why I installed the GS-Sport Training Gym, but pop-up message shows "the service is not ready"?

Solution:

(1). Please reopen the software and the database will active automatically.

FCC Notices

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) This device must accept any interference received, including interference that may cause undesired operation.

FCC RF Exposure requirements:
This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER’S AUTHORITY TO OPERATE THE EQUIPMENT.